

HERCULES II

(Apollo - Power - One)



lesson **1**



THIS IS THE
START
OF A
NEW LIFE
FOR YOU

Welcome to the Hercules II fold! ...

Congratulations! You have entered the wonderful world of Bodybuilding — From this day on you are entitled to call yourself a bodybuilder — or a physical culturist if you like. The important thing is that you are one of the 'special' people who have taken steps to improve yourself physically . . . You will never look back . . . From now on your world may well seem a different place. The fact that you have enrolled with us means that you are serious about improving your physical condition and overall appearance. In like manner we now pledge our sincerity in helping you attain the best possible physique, together with utmost strength, health, and fitness. Your body appeal is now OUR concern. It is our duty to keep the promises we made earlier before your enrolment. Believe us when we say that we are going to do our best to perform a 'miracle' before your eyes. We are going to attempt to transform you into the kind of person you always wanted to be. Have faith in us and chances are you will come **ALL THE WAY TO PHYSICAL PERFECTION** with flying colors.

Before undertaking this or any other Musclebuilding or fitness course you should always make sure that you are in normal health before starting. This is merely a precaution for your own good. Of course the chances are that you are in excellent health right at this moment. However we recommend that you first have a check-up with your family doctor. By all means show him this first lesson so that he will get an idea as to what you will be doing. In all probability he will be delighted that you have undertaken such a program of physical training. In addition we have to cover ourselves legally by stating that we accept no responsibility whatsoever for any accident, however unlikely, or damage that may be incurred, through following the recommendations of this course. Accordingly, take care not to perform the proposed exercises on rickety chairs, unstable ground, etc. Think safety in everything you do, whether it be in following this course, or in life in general.

This HERCULES II bodybuilding course consists of twelve lessons. These will be mailed to you regularly in the same manner as this first lesson. The HERCULES II staff will mail out your lessons each Tuesday. Ideally, you should get them in the correct numerical order, one per week. However there may be occasions, though it is unlikely, when a course may arrive a little early or late. Don't let this interfere with your training schedule. Simply keep to the plan as much as possible. You will certainly not suffer by staying on any single lesson for more than the week we propose. Just keep training until the next lesson arrives. You will notice that all your lessons are written in a very simple and easy to understand manner. So easy, even a child could follow the instructions.

It may seem rather ridiculous to state that you should follow all the instructions exactly as laid down, but we have found in our experience that many fellows, even though they have gone to the expense of purchasing our course, still do not follow our recommendations to the letter. As a result they do not make the best type of gains in muscular development! It cannot be emphasized too strongly that you should follow our course to the letter. Read through the text that explains each exercise. Perform it as we suggest. Above all,

do not make the mistake of thinking that if you do double the amount of work during your training you will double your rate of development. By doing this you may well half all progress. In the business of musclebuilding, especially at the outset, you must always be careful not to overwork the body. As a beginner you should train only every other day—never every day. The muscles must be given a day's rest between workouts so that they can continue the building process—muscles build up only during periods of sleep or rest.

SLEEP AND RELAXATION...

You want big muscles? Then you must make sure that you get adequate rest and sleep. You can't expect to play tennis before you work out and go dancing afterwards AND gain substantial bodyweight. Your muscles just must have adequate time to recuperate and build extra power. Whenever you subject your muscles to HERCULES II exercises (or any other vigorous exercises for that matter) the muscle cells are 'broken down' by the repeated tension. This tissue breakdown is what eventually causes a muscle to tire after a certain amount of strenuous exercise. However, these cells must be given rest periods to enable them to rebuild and increase overall muscle size. You must grab periods of physical relaxation whenever you can if you want to make the very best progress in musclebuilding. This does not mean that you have to neglect your household duties or quit your job. We are simply suggesting that for optimum progress you do not indulge in extra physical recreation. Learn to conserve energy... Rest at all opportunities, especially after meals, if possible. The amount of sleep you need will naturally vary from individual to individual, but as a general rule a beginning bodybuilder should get at least eight hours sleep each night.

FOOD...

Nutrition is tremendously important... You are what you eat. Don't fill up on what could be termed 'foodless foods', i.e. colas, hot dogs, candies, white flour products, etc. Eat a balanced diet of vegetables, salads, potatoes, meat, fish, eggs, whole wheat bread, fruit and whole milk. If you are inclined to be fat in the first place, then reduce sugar, pastry, bread, potatoes, and substitute skimmed milk for whole milk.

However, if you are on the thin side then you must always bear in mind that your muscles cannot enlarge unless they have enough 'fuel' to enable this enlargement to take place. A secret that virtually all the professional bodybuilders use is to eat five small meals a day instead of three large ones. This serves a dual purpose:

1. It prevents the stomach from being over-stretched which can give you a bloated feeling.
2. It gives the body a more constant food supply since your muscles are being fed more regularly.

Always have a good hearty breakfast. An example would be: juice, cereal, bacon and eggs, toast and honey, and a beverage. Even people who wish to lose flab should have something for breakfast!

Now here is a suggested meal plan for the skinny fellow who wants to make the best possible musclebuilding progress:

BREAKFAST

Orange juice
Cereal and milk
Sausage, eggs, bacon
Slice toast, jam/honey
Glass milk.

MID-MORNING

Glass milk
Cheese or meat whole wheat bread sandwich

LUNCH

Salad (either chicken, tuna, salmon, sausage,
ham or beef). Milk

MID-AFTERNOON

Milk
Cheese, fish or meat sandwich

SUPPER (large meal)

Meat, potatoes, vegetables
Dessert
Beverage

BEFORE RETIRING TO BED

Glass milk.



Robert Hailon's body is a product of this course plus scientific nutritional intake. His body shows beautiful male proportions.

It should be mentioned that if ultimate progress is to be made in the musclebuilding process, then it is a good idea to mix a good protein powder in with your milk every time you take a glass. Your local health food store should be able to supply you with a good quality protein supplement. Among the best in our opinion are: Casilan, 90% protein; Weider Super-Pro 101; or Proma-Plus.

THE EXERCISES . . .

You may think that you have done most of the exercises we recommend in this course. You may well have. But you can be sure that you have never done them the HERCULES II way! There are thousands of different variations of training — We believe ours is the **very best!** Accordingly, we would ask you to perform the exercises exactly as we recommend. . . Do not add any of your own exercises. Do not miss out any of ours. Do follow our exercises, eating and resting principles completely, exactly as laid out, and you will reach the pinnacle of HERCULEAN SUCCESS in double-quick time. In this and succeeding lessons you will be told of many different secrets — techniques used exclusively by the world's champions of the Bodybuilding Mecca. The author of this course is a well known authority on all matters pertaining to the physical perfection through correct training methods. He is well known to the World's best built men. Have faith in this unique program and we will help you realize all the physical developments humanly possible.

WHEN TO TRAIN . . .

It doesn't matter too much what time of day you choose to train. Most successful bodybuilders seem to prefer to train about an hour before their evening meal. Others manage an afternoon or morning workout. Actually there are two times when you should **not** train:

1. As soon as you get up in the morning (the body has to get used to being awake. To suddenly throw yourself into a workout could be injurious.)
2. Immediately following a large meal. (The digestive system should be allowed at least 1½ hrs. to do its job uninterrupted.)

TRAIN THREE TIMES A WEEK . . .

Always beware of training too frequently — three times a week is enough. To do more may well result in staleness — an inability to improve muscle size. Always allow a complete day's rest between your workout sessions, i.e., train Mondays, Wednesdays, and Fridays; or Tuesdays, Thursdays and Saturdays. Try not to train on two consecutive days. Remember the muscle cells need time to replenish themselves and grow larger. Don't try and do too much!

REPETITIONS AND SETS . . .

The term repetition or "reps" is used to denote the number of times you perform a certain exercise. For example, if you perform a 'push-up' three times, you are performing '3 reps'; 6 times, '6 reps', and so on.

Generally speaking it is a good idea to perform at least ten "reps" in any exercise. Of course, as one improves in strength, the number of "reps" one does tends to increase . . . in some cases up to fifty or more.

The term "sets" denotes a series of "reps" you do without stopping. For example, if you perform a series of ten "reps" followed by a rest, this is called a "set". If you do three separate lots of ten "reps" in an exercise, it is known as three "sets" of ten "reps". Five "sets" of ten "reps" would be written 5×10 . Accordingly you will notice that the movements advocated are written in this manner. The amount of rest one should take between sets of an exercise should almost never exceed one minute. Generally speaking, you rest long enough for your breathing to return to normal and then perform your next set, and so on.

If we list a certain exercise to be performed 3 sets of 10 reps, then don't feel that you must do only the 10 reps we state. Many fellows are able to do more. If you are able to perform 15, 20, or even more reps, then by all means do so. It can do nothing but good. On the other hand, many fellows will find that they are not strong enough to perform the amount stipulated. The answer is to do as many as you can without undue strain. If you can't even do one repetition, then perform a partial rep. In time you will progress until you are able to perform the movements as recommended — and then some!

WHAT TO WEAR . . .

It all depends on where you train. The main point to keep in mind is that the body should always be warm. Don't train in just a swimsuit if you are in a draft or in a heavily air-conditioned room. Wear warm, loose-fitting clothing that enables you to perform the various exercises without in any way hindering your range of movement. Cold muscles do not respond well to exercise and can even be susceptible to minor sprains and muscle tears which could possibly result in lost training time. And subsequently lost muscle building progress.

DON'T MISS WORKOUTS . . .

Whereas on one hand we strongly recommend that you do not over-exercise (three times a week only), we are adamant in recommending that you do not miss any of your scheduled workouts. Of course if you feel sick, have a heavy headache, flu, or are just feeling too tired, then you may have to pass up your workout. To exercise strenuously under these conditions would be ridiculous. Beware, however, of missing a workout through laziness. You must learn to distinguish between genuine tiredness and downright laziness. Sometimes after a rough day at school or at work you feel "pooped" — you say to yourself that you'd rather have a meal and watch television — you lack enthusiasm. You are really not physically tired — you are probably just mentally "pooped". If this is the case then get up and train — just 15 minutes — and you'll be happy you did!

HYGIENE . . .

Always shower away the film of sweat from your body after a workout. This will help keep your skin from breaking out in pimples, etc. Likewise, sweat should not be allowed to collect at the roots of the hair on your head. Wash your hair thoroughly after heavy exercise. More about skin and hair care later in the course. Generally speaking, always strive to keep your entire body well bathed. Cleanliness is next to Godliness. Besides . . . you'll smell better!

HOW TO PERFORM THE EXERCISES . . .

Don't just look at the illustrations. Read the literature explaining how to perform each HERCULES II movement. You will then be 100% sure that you are performing the exercise in the correct manner. As a general rule, perform an exercise with a quick steady movement — no bouncing — just make sure that whatever you are doing, you do with an even, unstrained motion. A fast tempo is more beneficial than a slow one. However, when you first learn a new exercise you should perhaps perform it slowly until you are exactly sure how it is executed.

To repeat . . . This course consists of the most modern, non-apparatus Bodybuilding Principles known to man. You are going to develop the kind of body men respect and girls admire. You are going to be a somebody next season. Whether you go to the beach, lake, or local pool, you will be admired for the kind of red-blooded He-Man you are! Prepare yourself NOW to follow in the footsteps of the world's best built men. Prepare yourself NOW — FOR A NEW, EXCITING LIFE, FULL OF THE REWARDS OF PHYSICAL SUPERIORITY!



FOLLOWING ARE YOUR FIRST WEEK'S EXERCISES...

Perform them conscientiously three times a week with a rest day in between each workout session.

EXERCISE ONE:

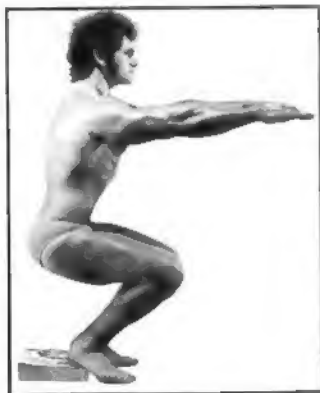
Jogging in Place

- body conditioner, warmer upper

Perform 5–8 minutes at the commencement of the exercise program. This stimulates the body metabolism and growing process of the physique. Additionally, it makes for increased cardiovascular efficiency [for example, a stronger and more efficient heart and lungs] — but more important to you, it warms up your body in preparation for the following purely **MUSCLE BUILDING MOVEMENTS**.

The exercise is a simple one. Simply run in place, lifting knees high with each movement. The higher you lift the knee, the more vigorous the exercise.

Alternatively, if you find that you are tiring too quickly, then simply make the movement less strenuous by reducing the height you lift each leg while jogging.



EXERCISE TWO:

The Squat

- thighs, calves, rib cage, lower back

1. Place a thick book on floor, under heels. Stand upright with arms out in front to help your balance.
2. Lower slowly into the squat position as illustrated until thighs are parallel with floor. Return to standing position and repeat.
3. Take care to breathe deeply during the movement, "In" on the way down, "Out" on the way up.

Perform 2 sets of 10–30 reps, depending on your strength.

EXERCISE THREE:

Hercules Floor Dip

• chest, shoulders, arms, triceps

1. Adopt position as illustrated. Fingers facing forward, hands a little wider than shoulder width apart, seat high in the air as illustrated in (c).
2. Lower into position and with 'bouncing' action, raise to original starting position.
3. Lower and repeat with a steady rhythm. The average fellow will be able to do about 8 reps. Perform 2 sets of 8-25 reps, depending on your present strength.

ILLUS. 4



EXERCISE FOUR:

Tiger Chair Pull-Up

• upper back, arms, biceps

1. You'll need a sturdy pole (metal preferably, unless you have a wooden pole that will not break under your bodyweight).
2. Adopt a 'hanging' position as shown in illus. (a). Make sure that the bar is set firmly before you commence the movement. Place a thick towel under the pole at each end.
3. Slowly 'curl' your arms until your chest all but touches the pole. (Illus. (b)). Lower and repeat for as many repetitions as you can reasonably manage. Aim for 2 sets of 6-20 reps.

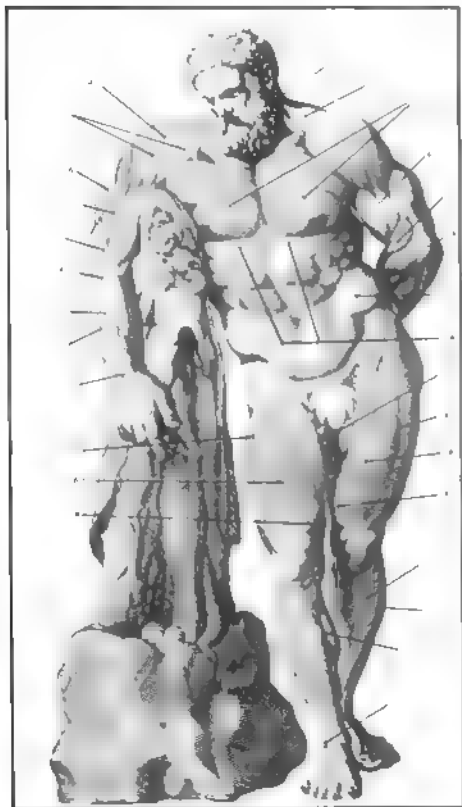


ILLUS. a



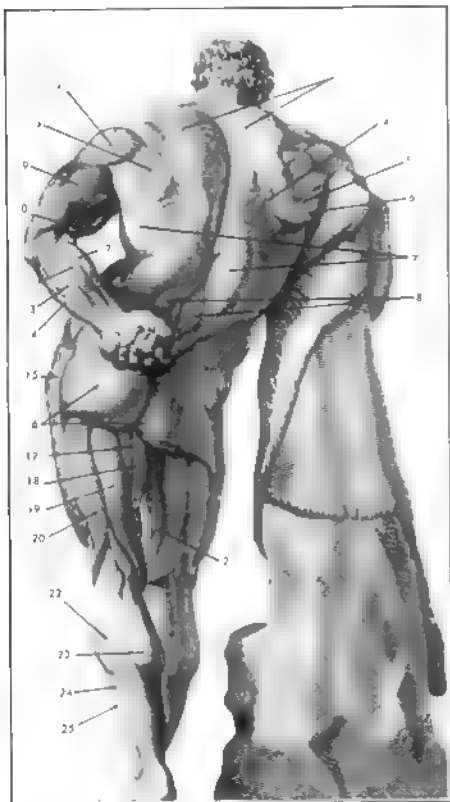
ILLUS. b

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	MOVEMENTS OF JOINTS INVOLVED	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	Draws head backward and up either side	Neck, shoulder	Shrugging motion, teeth ching, neck work at firing shoulder
2. STERNOCLEIDOMASTOID	Draws head forward and down either side	Neck, shoulder	Forward laddering, pushing on forehead and tilting head
3. DELT. ID	Anterior: draws head forward and up Lateral: draws head out to the side	Shoulder	Forward laddering, pushing on forehead and tilting head
4. ROTATOR CUFF	Anterior: draws head forward and up Lateral: draws head out to the side	Shoulder	Single and two hand curling, reverse curling, chinning, all lifts, the shoulders, especially clearing, also all types of rowing, all machine work (top climbing, gymnastics, wrestling, etc.)
5. TRICEPS (OUTER HEAD)	Extends forearm	Elbow	Pressing in various forms, standing, sitting, lying, etc. All extension movements, also all overhead lifting and supporting, all straight arm work (handstands, etc., gymnastics, etc.)
6. BRACHIORADIALIS	Flexes forearm	Elbow	Most of the exercises listed in No. 4 also development of this muscle
7. RADIALIS LONGUS	Extends forearm and abducts hand	Elbow, wrist	Using thick handled weights, pinching, gripping, clearing weights to shoulders, finger stunts, spikes and ball landing, etc.
8. RADIALIS BREVIS	Flexes forearm	Elbow	Same as No. 7
9. EXTENSOR DIGITORUM COMMUNIS	Extends fingers	Finger	Various exercises, especially those held on hands, support and motion, pulls and supports, wrist curls, wrist wrestling, etc.
10. LIGAMENT OF WRIST	Supports the fingers and wrist	Wrist	All heavy supports, especially those held on hands, support and motion, pulls and supports, wrist curls, wrist wrestling, etc.
11. PECTORALS	Draws arm up and forward	Chest, shoulder	All supine decline and incline pressing, lying lat pulls, pull-downs, etc.
12. EXTERNAL OBLIQUE	Flexes trunk	Trunk	Side bends, twisting movements, rotating torso while sitting and legs remain stationary, sit-up, all single overhead lifting, especially side and bent presses, single leg raise while standing, wrist ring, tennis, bowling, etc.
13. RECTUS ABDOMINIS	Flexes trunk	Trunk	All types of sit-ups, on floor, gym board and Roman chair. All forms of leg raises in lying position and between parallel bars or hanging from chinning bar. All frog kick, knee-plut, etc.
14. TENSOR FASCIAE LATAE	Abducts thigh	Thigh	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart. Most exercises that lift the leg.
15. RECTUS FEMORIS	Extends thigh, flexes leg	Thigh, knee	Same as No. 14
16. ADDUCTOR LONGUS	Adducts, rotates	Thigh	Spreading, diving, sprinting, cycling, etc.
17. VASTUS EXTERNUS	Extends leg	Thigh	Wide stance squats, placing leg "outside" of knee, legs and turning, legs together, full or partial split and alternating for "buckle up" Acrobatic and ballet dancing, "break into, the water" and lying on back and spreading legs apart and bringing them together again. A rubber cable attached to ankle and moving it
18. VASTUS INTERNUS	Extends leg	Thigh	Most of the exercises recommended and suggested in No. 17
19. TIBIAL ANTICUS	Flexes foot and elevates the instep	Foot	Squats, raising toes, rotating the ankle, calf exercises, sprinting, mountain climbing, etc.
20. PERONEUS LONGUS	Extends, abducts and everts the foot	Foot	All exercises mentioned and suggested for No. 19
21. GASTROCNEMIUS	Extends foot and flexes leg	Foot, knee	Running and walking and all footwork, all form of ball work, leg press machine and many other movements. Sit up board, various form of squats and knee bending, sitting and standing broad jumping, tap and ball, dancing, calf apparatus work, stair climbing, stepping one or two steps in the process, springing and running, etc.
22. LIGAMENT OF ANKLE	Supports the foot	Foot	All exercises that work the shin and calf muscles of the lower

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	<p>1. Neck back, up, down, side</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p> <p>4. Neck side, up, down, back</p>	<p>Stringing motion, tooth string, back work, all lifting in shoulders and overhead.</p> <p>Handbalancing, wrestling and gymnastics.</p>
2. POSTERIOR DELTOID	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>All lowering types of exercises, lateral raise while bending over, dips, expander movements, etc.</p>
3. INFRASPINATUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
4. RHOMBOIDS	<p>1. Neck side, up, down, back</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
5. TERES MINOR	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
6. TERES MAJOR	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
7. LATISSIMUS DORSI	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
8. ERECTOR SPINAE	<p>1. Neck side, up, down, back</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
9. TRICEPS LONG HEAD	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
10. TRICEPS INNER HEAD	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
11. EXTENSOR CARPI RADIALIS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
12. ABductor DORSI	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
13. PALMARIS LONGUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
14. FLEXOR ANULOCARPUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
15. TENSOR FASCIA LATA	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
16. GLUTEUS MAXIMUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
17. ADDUCTOR MAGNUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
18. GRACILIS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
19. SEMITENDINOSUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
20. PERONEUS LONGUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
21. PERONEUS BREVIS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
22. GASTROCNEMIUS OLTER HEAD	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
23. INNER HEAD	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
24. SOLEUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
25. PERONEUS LONGUS	<p>1. Arm side, up, down, back</p> <p>2. Arm side, up, down, back</p> <p>3. Arm side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>

HERCULES II

(Apollo - Power - One)



lesson **2**

LESSON TWO

This is your second week of our foundation course. This week you will continue your exercise as you did in week 1, but with extra exercises—added at the end of each session.

Remember the first week gave you a good foundation for what is to follow. So remember that the **Three E RULES** of our program is designed to coax you, gently, into the exercise world. Please keep in mind that you are following the most advanced and scientific bodybuilding program available. You will be shown some considerable improvement almost every day that you follow HFC 145 1190 day plan. **But remember our 3 point program.**

1. You must follow the exercise program exactly as told in our exercise program. No shortcuts.
2. You must get adequate sleep and relaxation each and every day.
3. You must eat well and often, drink plenty of water if you are moderate to heavy exerciser. Please eat 3-4 eggs a day, 2-3 meat portions, 3-4 servings of dairy, 3-4 servings of fruit and vegetables.

If you choose to neglect any of these points then you will be doing less than you first thought your physical appearance is. Several million people have followed this program and they are enjoying the results. Take stock in yourself—because you will put your muscles in to improve on what?

Did you notice your muscles aching after your first few workouts? This is quite normal. It is not your thought is might make you feel a little uncomfortable at first. It is only because that your muscles are reacting to the HFC 145 plan. Ever so this muscle soreness will subside after a first few workout sessions. Remember, you are training regularly and you will never experience the same ache again. Naturally, if you fail to take a day off in some length, then when you resume working out you will definitely notice a more severe muscle ache again. But here again as you get back to your workouts you will not ache any more.

CONCENTRATION AND INSPIRATION

We have mentioned concentration before but it merits being explained a little more clearly since it is of prime importance to you as an aspiring bodybuilder. When you perform any of the HERCULES exercises you should always keep your mind on the exercise movement while you are performing. Concentrate on what you are doing. Watch those arms, legs as you press and pause as you see your target sweet as you squat and curl down. Don't exercise while watching T.V. Certainly a television set is a convenient distraction to exercise. Turn off your mind and ponder on what you are doing. Concentrate on improving your performance with each workout. For example, if you can manage 10 reps at a particular exercise, one workout only then try for 11 reps next day, after an exercise during the next workout session. You see, only one thing is sort of an obsession. If you can master that thing each time you workout. And of course muscle growth is only approached when you take the time to rest and make the most of your gains. If your body. Theoretically speaking, every time you manage to improve your "reps" at any movement your muscles will increase in size to accommodate this extra demand. So concentrate more for bigger muscles.

[illegible]

I hope for yourself happiness and extremely musical and striding the golden sands of some friendly beach. Imagine
 the sun is reaching to your powerfully handsome physique. I, a poet, would always keep a mirror or image of the
 kind of adult you are striving to construct. Tell yourself you **WILL SUCCEED**. Determine now on 6 days
 any workouts. Determine now that you will keep up your enthusiasm and success is yours. Determine
 now to remain inspired!

Step Nine

Fresh Air

A truly healthy skin needs exposure to clean, fresh air. Even a walk in the fresh air, taking long, deep breaths, is necessary for the skin. Air bathing, even though the sky is overcast, can give a thoroughly beneficial

Step Ten

Rest

Sufficient sleep is important. Make sure you get sufficient sleep each night. If you are not getting enough sleep, your body is fighting against you. You are not only not getting sleep, but you are also not getting the rest your eyes and your skin need to glow in your better mood, fitness, and health. So, we also need to be sure to

Step Eleven

Smoking

If you smoke, you should definitely take drastic action to stop. People who smoke heavily and over a long period of time are at much greater risk of skin cancer. If you smoke more than 200 cigarettes a day, which pass through the blood stream, you can never have the chance of making your skin look its best. You continue to smoke, it just isn't possible for your skin to have a truly healthy glow. You smoke, all ways will be at much greater risk if you continue to smoke. Sometimes the skin is unable to do its job. Some people are realizing this, take initiatives in an effort to improve the condition of the skin. Luxurious is not solve skin problems. Luxuries can be addictive. If you are eating the normal food as advised. So, if you are eating the normal food as advised, you will be able to look well and healthy.

HOW TO IMPROVE YOUR SKILL AT WRIST WRESTLING

Ever wished you could beat every body at the many art of wrist wrestling. Hercules himself would struggle with wrestling. But he is a better than average may not be good enough for you. You want to be the best. You want to be unbeatable.

- Take a little extra time to make sure you're getting all the goodness it requires.

It's important to take time to consider your own needs and desires when it comes to your diet. You may want to consider your own health and how it may be affected by your diet. You may want to consider your own lifestyle and how it may be affected by your diet. You may want to consider your own budget and how it may be affected by your diet. You may want to consider your own taste preferences and how they may be affected by your diet.

The third most popular question that follows put to us is

- How can I get really big arms fast?

The answer is simple: you can't. You can't get really big arms fast. But we know what you can do to get really big arms fast. You can do it by eating a diet that is high in protein and low in fat. You can do it by exercising regularly. You can do it by getting enough sleep. You can do it by drinking plenty of water. You can do it by taking a supplement that contains the right ingredients. You can do it by following a program that is designed to help you get really big arms fast.

Now we have you. You can't get really big arms fast. But we know what you can do to get really big arms fast. You can do it by eating a diet that is high in protein and low in fat. You can do it by exercising regularly. You can do it by getting enough sleep. You can do it by drinking plenty of water. You can do it by taking a supplement that contains the right ingredients. You can do it by following a program that is designed to help you get really big arms fast.

As a result, you can't get really big arms fast. But we know what you can do to get really big arms fast. You can do it by eating a diet that is high in protein and low in fat. You can do it by exercising regularly. You can do it by getting enough sleep. You can do it by drinking plenty of water. You can do it by taking a supplement that contains the right ingredients. You can do it by following a program that is designed to help you get really big arms fast.

Fabulous Hercules Wall Push

1. Move your feet back until most of your body weight is taken by your arms. Now press your body away from the wall by straightening the arms. Immediately return to the starting position. Repeat 10 times without sudden strain. Do not rest more than 30 seconds.



As we mentioned at the beginning of this second lesson, you will do the same exercises as last week (lesson one) plus two extra exercises.

The two new exercises this week are

Chair Triceps Pushup

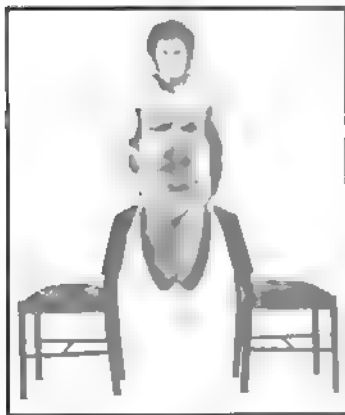
2 x 10

illus. (a)

Adopt the position as shown in the illustration: hands about five inches apart. Keeping your elbows 'in' to your waist, lower the body up and down in a steady rhythm, allowing the chest to touch your hands on the bench or chair.



ILLUS. (a)



ILLUS. (b)

Chair Shrugs

2 x 20

illus. (b)

Adopt the position as illustrated. Keeping your arms absolutely straight ALL the time, raise and lower your entire body by shrugging your shoulders. Aim to touch the shoulders to your ears each repetition.



1. Urdhva Dhanurasana



2. Urdhva Dhanurasana



3. Urdhva Dhanurasana



4. Urdhva Dhanurasana



5. Urdhva Dhanurasana



6. Urdhva Dhanurasana



7. Urdhva Dhanurasana

This concludes your basic two week foundation course. Next week you will receive Lesson 3.

You will find that in this next lesson you are taken a step further into your bodybuilding advancement. Plus we are going to give you the super secrets on how to gain MUSCLE BULK! Yes, you will not let it on the sites, discover how you can increase your bodyweight in the fastest possible way. In addition we cover the simple steps you can take to learn how to do a simple handstand. In the advanced section showing how you may accomplish the impressive one handed handstand.

See you next week!



HERCULES II

(Apollo - Power - One)



lesson **3**

LESSON THREE

Back again Are you ready to go?

We assume that you have been doing the recommended foundation course during the last two weeks

Remember the three point plan

- 1 Get sufficient food
- 2 Exercise hard
- 3 Get sufficient sleep and relaxation

Now it's time to work on the four advanced intermediate programs. These are designed to help you work every day. They are going to work for you no matter how tired and sore the change in your body is. It's a

EXERCISE ONE

Windmill Toe Touching

• overall body warmer/upper

Start in a standing position with your feet hip-width apart and your arms at your sides. Inhale and reach your right arm up and over your head, then exhale and touch your right foot with your right hand. Repeat this sequence on the left side, then return to the starting position. Continue for 10 repetitions on each side.

ILLUSTRATION



EXERCISE TWO

Jackknife Deltoid Dip

- 10-15 reps

Assume a position as shown in illustration 1.

1.  2. 

3.  4. 

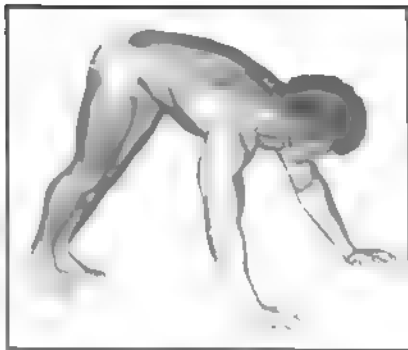
The main tension in the shoulder region rather

than in the elbow region.

5.  6. 

Complete 3 sets of at least ten repetitions.

10-15 reps



EXERCISE THREE

Wide Grip Chair Pushups

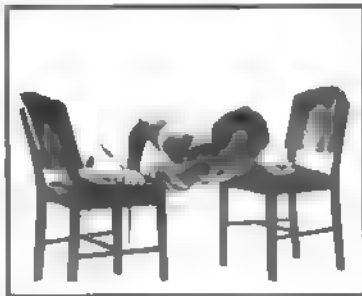
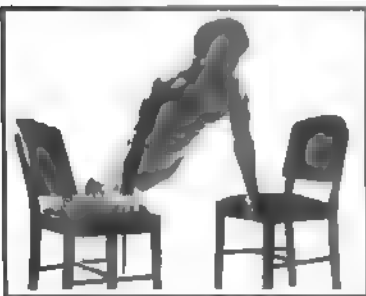
- 10-15 reps

This exercise is specifically designed to strengthen the chest muscles.

1. Place hands, fingers facing straight ahead, on two chairs (illustration 1).
2.  3.  4. 

Lower body by bending arms until your chest just will not go any farther. Maintain a steady up-down movement without pausing for rest.

Try 3 sets of 8 reps. If you can manage more do 10-15 reps.



EXERCISE FOUR

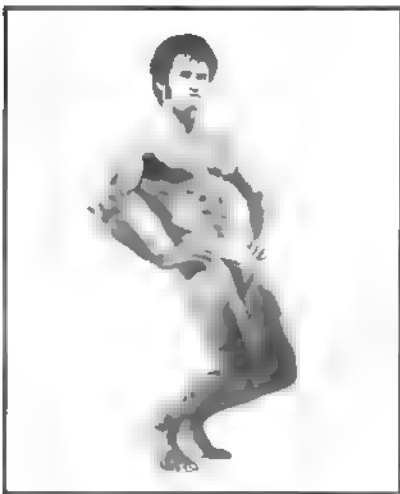
Sissy Squats

■ thighs and calves

- 1 Make sure that the body leans back while the hips and thighs are kept forward
- 2 Keep feet at or 12" apart, hands outstretched in front of on tips to help your balance
- 3 Slowly lower body by squatting down, but maintain torso straight throughout the exercise
- 4 Raise and lower in rhythm, approx. 20-30 times per 1 rep has been completed

Perform 3 sets of 18 or more reps

LEGS (c)



EXERCISE FIVE

Hercules Chair Dips

• arms, chest, shoulders, neck 3 x 5

1. As illustrated, as shown in the first illustration. Make sure that your shoulders are directly over your hands. As you lower your body, your arms should be straight. Feel more comfortable with your arms over your head.
2. Lower slowly into position and raise again. Allow the body to rest just slightly before performing the exercise.
3. Continue to alternate between the two positions as you change your body position. Make sure you are in a proper position. You may be able to do this exercise on your present condition.

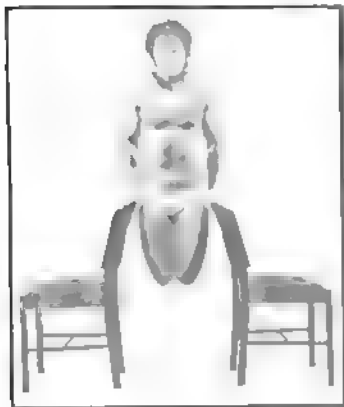


ILLUSTRATION 1

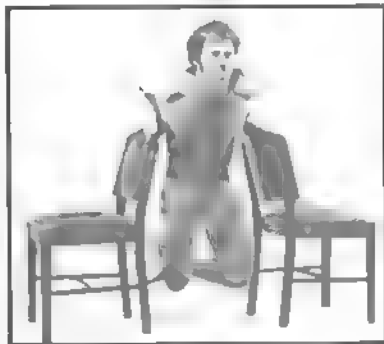


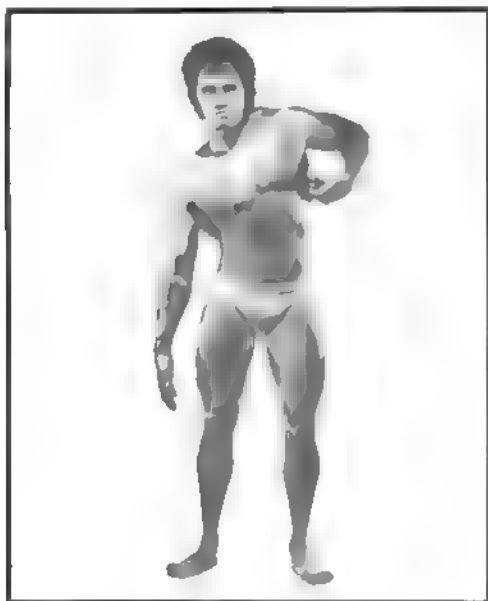
ILLUSTRATION 2

EXERCISE SIX

Side Bends

• midsection 3 x 50

1. Stand upright as illustrated, feet 20 inches apart. Keeping your back straight, bend the trunk from side to side.
2. Effortlessly lean as far as you are able to each side. Aim for 3 sets of 50 reps.



This concludes your workout for Lesson Three. Always work hard and follow the exercises as outlined.

As we progress, strive to get a little bigger and increase your maximum muscle density.

MUSCLE BULK

You may or may not be able to 2x your muscle mass in 12 weeks. If you are not able to, don't worry. You will still have gained the correct amount of solid muscle.

1. Perform your exercises with a steady rhythm.

5. Increase your protein intake to 1.5g per lb of body weight. This will help you gain muscle faster.

6. Keep your diet clean. Avoid junk food, alcohol, and drugs. This will help you gain muscle faster.

7. Follow the bulk gaining diets we recommend.

8. Sleep at least 8 hours each night.

9. Don't drink, smoke, or dissipate.

10. Learn to relax (put your feet up) when not training.

11. Never let the body go without some form of food or drink every two hours. Except at night time when you are sleeping.

12. Weigh yourself every 2 weeks. If you are not gaining muscle, increase your protein intake.

Here is a sample muscle building diet:

BREAKFAST

1. Glass milk
2. Bowl of cereal or eggs & bacon
3. 2 slices toast with butter and jelly or honey

LUNCH

1. Glass milk
2. Bowl of soup or salad with meat or chicken
3. 2 slices toast with butter and jelly or honey

SUPPER

1. Glass milk
2. Bowl of soup or salad with meat or chicken
3. 2 slices toast with butter and jelly or honey

protein butter, cheese, fish, or meat sandwiches

AFTERNOON SNACK

1. Glass milk
2. 2 slices toast with butter and jelly or honey

SNACK BEFORE BED

1. Glass milk
2. 2 slices toast with butter and jelly or honey sandwich

Don't forget to drink plenty of water. This will help you gain muscle faster. Also, avoid alcohol and drugs. This will help you gain muscle faster.

Illustration 2 (the splayed hand)



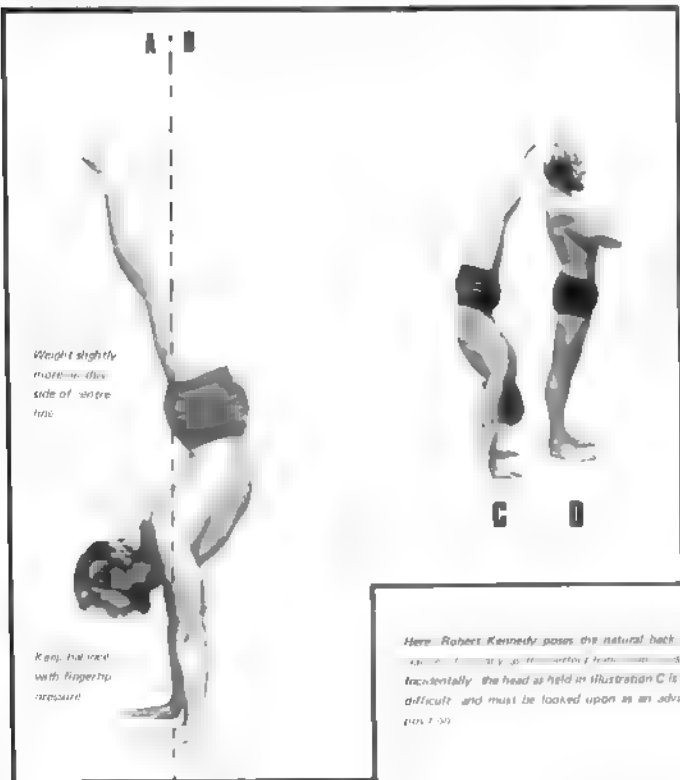
This exercise should be done slowly, holding the position for as long as possible, for a few minutes each day. Special care must be paid to the heel position which should be lowered and a wrist stretch to the neck to its limit.

Another good exercise to increase wrist flexibility and strength is one which can be done at all times during the day. It is simply that of clenching and unclenching the fists. This can be done with or without anything in the hands, or if preferred, a soft rubber ball can be used.

As this initial week of your first exercise progresses, you should begin to feel the results of your crouch balance movements. Your arms will gain strength and you will slowly find that you can maintain the balance position for longer periods without undue strain.

STEP SIX

You will notice that in Illustration 4 a dotted line has been drawn approximately through the centre of the figure. This line represents the centre of gravity mentioned earlier. The centre of gravity is a rough theoretical concept, but becomes a very real point in practice, and study of our diagram should help you discover its approximate position. Its purpose here is to show you that when in perfect balance the amount of weight on each side of the line is equal almost, but not quite. There is slightly more bodyweight on the A side than on the B side. This is the overbalance position that was mentioned by today the only way that the feet of A will be pressed on the fingertips must be great enough to prevent it from happening. You can maintain the balance rate with little or no use of the fingertips. This is why that you should set you self. Practice does indeed make perfect and a short time spent carefully will in fact bring a remarkable improvement.



Elementary balance must be practised until such time as you can keep the body from shoulders to feet rigid. Once you can do this, the amount of muscular effort required to hold balance is greatly reduced. Reaching the point where you can concentrate entirely on fingertip pressure should be your next goal and all practice should be to this end.

To sum up what we have just learned

The body is kept in a state of balance by means of the overbalance being kept in check by fingertip pressure. Underbalance is corrected by bending the elbows and strengthening them to regain the proper position. Always avoid walking forward on the hands, except in emergencies. For apart from being an iron heel, ultimately gets the would-be balancer into bad habits which are later hard to correct. Remember practice makes perfect, a bad habit practiced enough would make that error perfect. That is why it is so important to practice whatever you do correctly from the very beginning. Control your enthusiasm to progress as fast as possible, but heed in mind what has been said. Forcing the hand balancing acts is a bad ever-fair idea. This is why so much time has been taken over the elementary stages of handbalancing.

STEP SEVEN

Variety

You are now in a position to bring a little variety into your balancing practice. Don't be afraid of breaking your feet apart and trying your handstands on firmer ground if a soft rug is handy. Obviously, the harder the surface, the better, but if it is very poor because of its softness, it is strengthening the fingers and aiding your progress to the perfect handstand.

STEP EIGHT

The Perfect Handstand

Just what does the perfect handstand look like? It would seem that each of the many expert handbalancers hold a different opinion on this. Some insist that it is only perfect when the normal back arch is the imprint of back to how a person would have standing erect is shown in the handstand position. See Figure 4-5. Others prefer a very deep arch on the claim that it looks more graceful. General consensus of opinion is that the former, with the normal arch and more erect position, is more desirable and accepted as the most perfect stance of the two. It is toward this position that we suggest you plan your practice.

STEP NINE

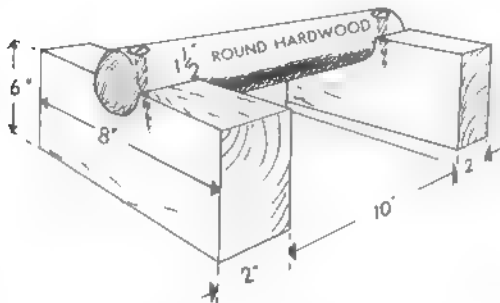
The handstand press-up

Once you have learned the kick up handstand and have mastered fairly well the handstand press up is your next objective. First you are to achieve the handstand on the hands and you will start exercises for steady more strength and control. The handstand press up is performed in the following way. Again, the wall and go to the handstand wall handstand and don't forget that exercise is done in the handstand by using the head as a safety device. Steady bring your arms and follow your head to sink onto the floor. This movement is not a full one. The next stage, most people find it difficult when they first try to move your arms in fully extended. If you find that it is not too difficult try 2 or 3 times and then moving 5 or 20 at a time. They must be necessary be performed at one time. The next stage is to move your arms from the floor to the handstand position at a rapid and steady movement. A good starting time you should to achieve success in the next step.

Floor Parallel Bars

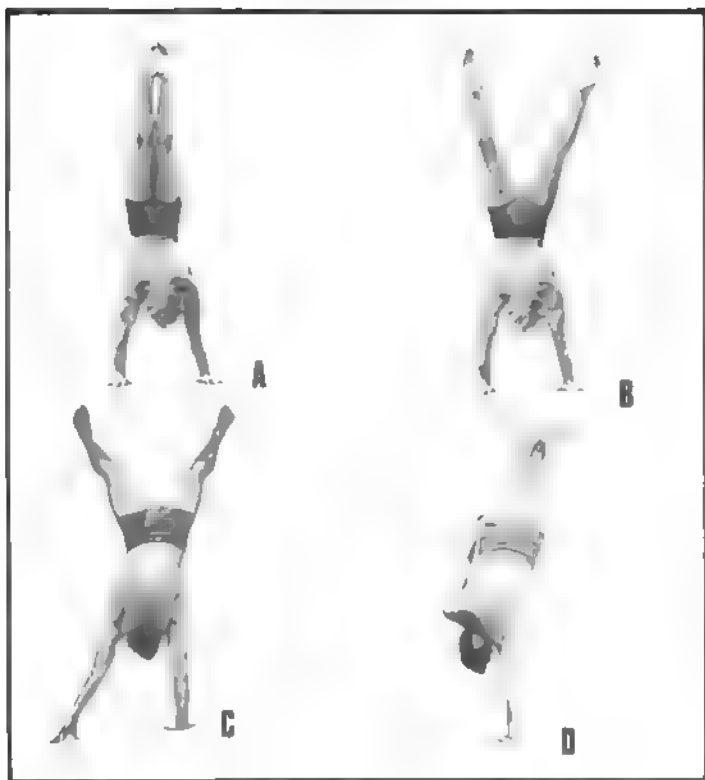
Many people learn to lose balance from that they can more easily lose this skill by reaction from the start or who is generally slower as the floor parallel bars. We are going to show these bars to be made from using the minimum amount of material and thus keeping you costs low. See illustration 6.

Illustration 6 (how to construct floor parallel bars)



MAKE TWO OF THE ABOVE FLOOR PARALLEL BARS.

Illustration 7 (the final steps)



Difficulties you may encounter

To conclude it should be re-emphasized that you must be content to progress slowly. Master the various low exercises that you are doing to the point that you can perform them with ease and then progress to the more difficult ones once you have mastered the various techniques.

The learning of a handstand is a technique that is not learned overnight. It is a skill that is learned through practice and repetition. The first step is to learn the basic technique of the handstand. This involves learning the correct body position, the correct arm and leg placement, and the correct breathing technique. Once the basic technique is learned, the next step is to practice the handstand on a soft surface, such as a mat or a bed. This will help you to become more comfortable with the position and to develop the necessary strength and balance. Once you are comfortable with the basic technique, you can then progress to more advanced techniques, such as the one arm handstand.





Keep up your enthusiasm, you have no doubt noticed that you are getting stronger and feel better. Right? Train hard this week. The next lesson is the beginning of a program designed to give you utmost strength, fitness and muscle. You will be trained in a variety of moves for your defence, to ensure your personal safety at all times.

Meanwhile, train diligently and watch those muscles bulge. (over)

HERCULES II

(Apollo - Power - One)



lesson **4**



CURT HAYWOOD AND HIS ATTRACTIVE WIFE MAKE
A GREAT PHYSICAL CULTURE DUO. CURT SAYS HIS
SECRET TO SUCCESS IS HARD WORK AND PLENTY
OF PROTEIN.



MR. NERE FRANZONI, A THE IDEAL
PROFESSIONAL, IS A HIGH FIBER
PHYSIOLOGIST, OF A PROPER TEARS AND
OUTSTANDING MUSCLE DEFINITION

LESSON FOUR

1. This lesson gives you **TWO** of the same exercises scheduled as you did last week, but you will attend to them **TWO** times this week. You will also be given **two** new exercises to do each day.

Here are your two new exercises:

EXERCISE SEVEN

Doorway Pulls

2 x 8

This exercise is designed to help you stretch your back muscles.

1. The usual way to do this is to hold on to the inner handles of a sturdy door as illustrated (a).
2. The art is to pull on the handles so that you stretch the lat muscles (that is, the muscles that run down the back).
3. Bend your knees, keep your back and arms straight, and pull on the handles to release the tension in your back muscles (lats). The overall effect of this special movement is to develop the "J" shape of the back. Perform 2 sets of 8 pulls.



ILLUS (a)



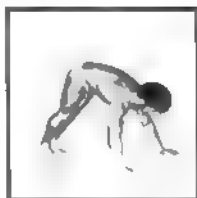
ILLUS (b)

EXERCISE EIGHT

Seated Alternate Leg Kicks

2 x 15

Keeping your legs straight, raise each foot as high as you can (illus. b). While supporting yourself as illustrated on a bench or chair, try and kick each leg higher during each repetition. 2 sets, 15 reps.



4



5

6

Not the police? Tell a friend of your serious situation. Also, you will try to leave your apartment as quickly as possible. Please call the police.

As we mentioned last lesson, we are going to give you some tips on five killer karate blows for your defence.

However, advanced the human race has become since the earliest of days, when the strongest of primitive man grinded and gnawed, mashed his food and battered it to death with crude weapons, we cannot escape these basic instincts of attack and defence, and aggression. It is almost with us all many centuries that physical violence is at a higher peak now than the 70s than it has ever been at any time before. Whether it is the case or not is a moot point, the fact is that everybody in this world would like to be the best several times in a lifetime. Be a warrior when an enemy, an attempt at robbery, a street mugging or a shoving forward, or even some other kind of domestic problem, in which you are called upon to fight some dumb ones but usually, if not, you need to use your fists. Be a make no mistake, the best matter of the physical struggle is the one where you are always outnumbered, so you want to start hitting you or trip and whatever you can do, that is the way with it, it's a matter of hope who wins the day.

What is Dyma Killer Karate?

Dyma Killer Karate is not a sport, it's a simple but very effective, easy to follow, step by step, is a defence technique for you to be efficient, it suggests that you can put it to practice for your own defence. The five moves that can repel any attack. HARMLESS, SHATTERED, DESTRUCTIVE.

The first experience have been to wear, but if you get from the end the effective from the effective, it is a good way to work in the early that is a very important part of a person's strike, it is a good way to get it, but that is infinitely better than you are using and dealing with the gutter in the same condition.

We all fully, wrote President Roosevelt, but carry a big stick. When you have mastered these five Killer Karate steps, you will be a Super Fighting Machine. Carry you will not only.

Only go into a longer attack when it is really deserved. But if it is deserved, you really have to protect yourself, if you are hit from an attack, then go to attack 100% to find out how you can use your new speed and how to strike him with your selected Killer moves and then with a headless punch, leaving excuse of a man, then drag him to a police station or phone the local headquarters, so that the cops can deal with him.

Do as we suggest. No more, no less, won't overdo any of the steps, but perform them as we recommend. Needless to say, we can take no responsibility for any accident or injury that might be sustained through the undertaking of this course, and the author does not suggest that Dyma Killer Karate be seriously used unless you are physically threatened.

Follow this instruction. You can do it. You can walk with the confidence of a lion. Be proud. Be sure in yourself of the knowledge that the five Dymō moves can give you the confidence and assurance which is your birthright.

STEP ONE

The Golden Key

The golden key to any successful beginning is a full tune of mind. You must give yourself the one precious thing that we are unable to inject into this course: POSITIVE DETERMINATION THROUGH SELF-MOTIVATION. Tell yourself now, before you begin, that you will become a champion. Fight any Machine and die if you do not follow this instruction. You will never again feel the need of those verbal suggestions that may call you into action.

Remember, you can do it. No move is too difficult.

1. Be alert in your training periods. Do not practice when you are tired or fatigued.
2. Remember these moves are a matter of your self-discipline and work your face up to it.
3. Stand your feet together, feet close together, stable, correct, so you feel at ease and comfortable. You will be a champion by discipline and have the leadership to prevent power attacks.

STEP TWO

Dymō Hand Conditioning

So that you are confident before this instruction, you must start by fighting your own hands. It is a hard job, but you will take the advice (like a coach) going very easy. These are the same exercises that I myself do, so as to toughen the body without harming it, conditioning the body. Anyway, hand conditioning is one of the most vital parts of Dymō Karate. It is of the value of a shield that you must have at all times. Train yourself. Dymō hand conditioning is very roughening the hands, allowing them to be struck at any part of an attacker's body without pain.

The beginner will benefit most from mild conditioning along with daily soaking in a strong solution of salt and water (2 cups of salt per quart of water). Soak for 5 minutes each day. Should begin to dry out, the solution can be used repeatedly by adding water only. One week of soaking should be enough. Most beginners, in any event, do not soak for more than two weeks at the most.

Finger Tip Conditioning

To strengthen the tips of your fingers, use ordinary household rice. Place uncooked rice in a metal tin or box up to wrist depth. Drive your knuckles in wrist deep with your hands stiff and fingers close together and extended. Continue this until you feel your hands are ready for the next step (usually one week. See illustration A.)

Change from rice to sand when you are ready for a more advanced ingredient. Practice session should last from 10 to 15 minutes of continuous training. This final step we advise only to those who are prepared to take hand conditioning to the extreme where this step is necessary. It is not advised for those there may be the odd student who would like to try this advanced step but to treat only as practice if you intend to become a real end-user. Change the sand to a fine one made of small smooth grains. Follow through with this step in the same manner as previously illustrated.

Dymo Hand Chop Conditioning

The hand should be positioned about two inches above a source that striking will cause a cut with the edge of each hand alternatively taking care not to strike with the fingers or wrist bone. See Figure 11B.



Begin striking the surface until a slight numbing is felt. Then rest for a few minutes as you adjust your weight. As your conditioning strengthens your hands slowly but surely. Start with a back and forth motion over tender skin.

Having completed this step, move your hand up a further two inches above the surface until a numbing feeling is felt again.

Note: Even though the numbing feeling is felt, continue each step for a period of 5 to 8 minutes each day for five days each week, relaxing on the weekend to allow the hand and skin to rest and recuperate.

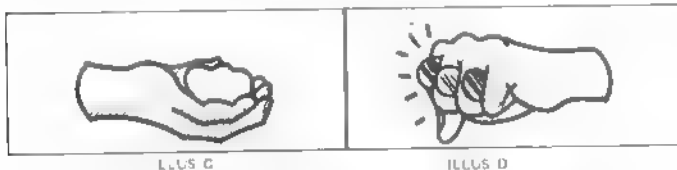
Move the conditioning position of your hand up a further two inches from the table after you have completed step two. Continue moving the conditioning position of your hand until you can strike your target with the edge of the surface without undue discomfort or weakening of the hand. The final step in the Dymo Hand Chop Conditioning is breathing. To some extent, the way you breathe determines the power of your blow. Breathe deeply when rising your arms, taking your hands. Strike with force and exhale your lungs as you smash down on your imagined opponent. When you have reached this stage you can be assured that only a few who would be foolish enough to provoke such a blow from you will ever regret it.

Note: Deep breathing in co-ordination with a hand chop puts more power in the blow by continually supplying the muscles with a fresh supply of oxygenated blood. Make a point of always practicing your breathing during training periods.

Dynmo Karate Power Strikes

A penny, too. This strange coin is a very old one, one that was found in the dark alleys and footways
— and England and more, in the old Saxon streets of London. It is a little yellow and green, and
we say "turning as fast as a buttercup's wheel." So famous is it, however, with an
drawn London's poverty, that the streets of the penny is was covered with it, and
we think it remarkable that they should have a London over a world of money and
the very thought of wealth in London is almost a mockery. And yet we do not
stop here. In the streets of London, the poorest of the poor, the
name "penny" is used in street by the very rich and the London. Truly

(1) γ is not a unit and γ^2 divides γ . Hence γ is a unit for γ^2 is a power of γ . If γ is a unit, then
 at all times
 (2) γ is a unit for γ^2 divides γ . Hence γ is a unit for γ^2 is a power of γ . If γ is a unit, then
 at all times



- piece hand' with just one hand in your pocket

Traction splints **never** will reduce the risk of fractures. Depending on the strength of your jaw, a penny or two can inflict as much as 100 pounds of pull on a tooth. And if you're under tension for a year, it will eventually cause damage to any muscle, bone or tissue that's in the conventional clinician's line of pull.

Elbow Smash

The elbow is your most effective weapon when being assailed from the rear. It has a much greater striking force than the fist. From this angle, disabling you to disable your attacker with one blow. (See Illustration E)



Knee Smash

This is a most effective form of attack and can temporarily disable a foe. Bend your knee and bring up your leg, aiming at the groin of your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range. (See Illustration F)



Heel Stamp

Raise your foot slightly, point the heel away from your body, and thrust your foot forward and strike by stamping the inside of the heel to the groin. Usually the heel is kept at a 45-degree angle, but you may use the heel as indicated by the thickest heel of a karateka's shoe, side-on. With the heel of your shoe, the effect is devastating.



The Knife Hand

This is formed by holding the hand as in the hand chop position, but with the fingers bent slightly at an angle to the palm. See Illustration H. The knife hand can be used in two ways: both extremely painful. The downward chop is the first, and is shaped by bending the arm at the elbow and swinging it down in a hammer-like motion. Be sure to keep the fingers rigid and close together.

ILLUSTRATION H



The second is the side chop which is formed by slashing or swinging in a semi-circle from the elbow, striking with the edge of the hand. See Illustration I. Both attacks can cause excruciating pain when executed in the correct manner and speed. Both should be practiced against a suitable padded surface, or with either rice or sand as was indicated. Speed is your ally—learn to strike fast.

All movements mentioned above should be practiced daily. The first on sand, the elbow against a soft but firm surface, and the same with the knee and heel. Look around for a suitable practice material or go to it. What you need to develop is speed and accuracy.

STEP FOUR

Dyna Nerve Blows

The following are low devastating nerve blows that you must learn and practice in rapid succession with a friend, and they are second nature to you. Take time off to consider these movements. Say to yourself: "wonder which of the defence types that I have learned would be best to use against this or that person, in this or that position. In a word, become attack and defence conscious."

i) Red Eye

Hold the hand horizontally in the clenched fist form. Strike forward and upward into the corner of the attacker's eye.

ii) Double Finger

Using the index and middle fingers only in the knife hand form, strike outward and upward at the base of the lower eyelid. This is to be used only as a last resort as it is quite easy to blind or even to shatter the eye by using this drastic measure. See Illustration J.

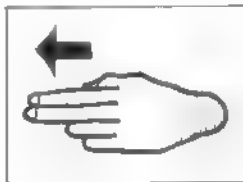
iii) Flat Hand Nose Crush

Smash straight power is into under part of nose with butt of hand. (See Illustration K).

ILLUS. I



ILLUS. J



ILLUS. K

(iv) Killer Throat Crush

Smash straight to the Adam's apple using a penny-tight clenched fist technique (if there is time). This will temporarily cut off your opponent's air, causing him to gag, allowing you the choice of either breaking off your attack or finishing him off (see 'LUS. 4').

LUS. 4



Note: Excessive use of alcohol, tobacco and most certainly drugs will contribute to your lack of energy when the need to exert yourself arises. Smoking not only contributes to heart disease, lung, throat and mouth cancer, but it also starves the system of oxygen and poisons the life-giving blood to the extent of retarding normal growth. If you feel that you must either drink or smoke, do try to moderate your habits. Ideally, it would be much better to stop.

Street Fighting Stance

Experience has taught us that the best possible fighting stance to adopt and use when there is no chance of danger till when our aggressiveness has begun is one which shows no hostility yet prepares you for action if required.

The position should be as follows: The body should be relaxed yet ready for action. You should be facing the opponent with feet shoulder width apart, one foot slightly ahead of the other. Which foot is in front will depend on which is your striking hand. Your knees should be slightly bent, weight evenly placed, ears up and eyes on opponent's chest. In this way it is possible to detect any movement from either the opponent's arms or legs. A confident appearance is most important as often this causes the attacker to back down.

STEP FIVE

The Five Movements of Dymo Killer Karate

When you have undergone the hand conditioning, and gained both speed and strength from the exercises you are ready for the most important step of all: the five specially designed moves for your personal defence of Dymo Killer Karate. The way in which they will be written out, or you ease of understanding, is as follows:

- the type of attack you are most likely to encounter,
- the Dymo counter movements themselves.

DYMO MOVEMENT ONE

Standing Face to Face

How does trouble start? It usually begins in one of two ways:

- It evolves through acquiescence and is therefore predictable.
- It is premeditatedly and/or planned to take you by surprise!

The first form of attack is usually the easier to deal with by virtue of the fact that you and the aggressor will know that it is threatening one another. Sometimes even you may see it coming. This is where as you must and must not. In the second form of attack, the aggressor's intentions are less obvious. It is a more likely, avoidable effort because of the fact that it is not what most men and women are taught to expect. It is a surprise attack when at all possible, remain calm, not panic and adopt the fighter's stance: readiness. Or keep your hands by your sides and let the aggressive act come from your opponent. If that works, keep away from trouble; whenever you consider it possible. If the thing then continues to flare and comes too close to you, then it's time for you to act. There are again usually two ways: win a man who physically try to intimidate another he believes to be weaker than himself.

- He will point and stab at him with an outstretched finger or
- He will grab at the lapels of his jacket or a handful of sweater.

Counter

Let your opponent get as close to you as possible, the nearer the better. Choose your time and then strike:

- Step quickly forward on your left leg so that the front of your right shoulder is pointing in front of his right shoulder. Any outstretched or outstretched stab or finger will be swept aside by your body as you step forward because as with every movement in this course you must be quick, powerful, determined and efficient.
- Kick as if kicking a ball with toes pointed, with your right leg so that your leg swings up inside and past the right leg of your adversary. At the same time grab his left lapel or shoulder with your right hand. If he is pointing, then grab as far up his right arm as possible with your left hand. Nine out of ten men stalling with a pointed finger while abusing another, are likely to be using their right hand. So did he not he pointing, grab his shoulder.

c) The final movement is to sweep downward and outward with your right leg, sweeping down as hard and quickly as you can from the highest point of your upward kick. Your leg must strike your opponent's leg or legs either at his knee height or just above. Practice with each you completing this whole movement in less than a second. This action of sweeping away a man's legs is one quick movement which itself put a man on his back. But there is one last extra touch that will if done correctly completely dispense with your having to bother about what is going on to his occiput and unless he's a fool on any other occasion. At the exact moment when your leg makes contact with his buttocks hard as you can with your left hand and push a twisting movement is made as you fall with your right. This vicious twisting movement is you. An actual dismemberment of your spine is the amount of time you have spent at it only. The back of your opponent's head will then strike the ground hard if you can. See illustration M.

Don't then ever be tempted to practice this movement with a friend at full speed, through fear of hurting him. Your accuracy and skill will develop just as well in fact better if you go through each movement slowly and think of what you are doing. Remember these Dymo moves have been carefully selected for their devastating effect and suitability of application from the many hundreds of moves that are possible. Practice this movement until it becomes second nature to you and then, should you be forced to use it, you can be confident that it will be 100% successful every time.

ILLUS. M



DYMO MOVEMENT TWO

Attack From Rear

The most common form of premeditated attack is obviously enough from the rear. Or could almost imagine the form of attack being a robbery of the car as described above. You having kept calm and so you thought subduer the thug, have to now walk away only to be assailed from behind. The thug's intention is to make his position the one of advantage. Your job is to subdue him. There are two ways that you may be approached from behind.

- (a) By running attack
- (b) By quiet surprise

Of course any man who is fool enough to herald his approach by running at his intended prey would not enjoy the tactical advantage of surprise. On hearing the sound of running feet any man would be bound to ace the onslaught. Therefore we must assume that with the exception of a follow up of a stealthy danger after a quiet retreat attacks from the rear would be of the surprise type.

There is no way that it can be said that a man will grab and hold another from behind many factors must be considered, the respective height of the men concerned being not the least. It is experienced in these matters have helped us to arrive at the fact that attacks from the rear can be divided into the following categories:

1. neck holds - 46%
2. shoulder holds - 22%
3. hair pulling - 16%
4. waist holds - 8%
5. others - 8%

Neck and Throat Lock - 46%

This is the most dangerous to deal with and the one where a solution must be found QUICKLY because it will restrict your air supply. Air of course is absolutely essential at all times but if you are called upon to fight then you must have lots and lots of it. This question of air supply and its effects on the body is of utmost importance and when understood by you, can be of immeasurable value when dealing with a thug. You must be realized that it is very hard to stop someone who is intent on murderously attacking you. By that is meant an attack from an insane psychopath. To deal with a drunk or a half hearted punch from the man upstairs or an attack by a frightened teenager is one thing. But unfortunately the fact is that many leaders may well be faced with an aggressor of a much different calibre.

This being so we must digress for a moment here to consider fighting and the nature of man in general. There are basically two types of minds behind the fighters:

- a. those who are natural born fighters, and
- b. those whose nature is not violent yet who find themselves forced into action for one reason or another and so basically are out of character doing so.

There is a third group but only one thing in hundreds, thankfully, can be placed into it. This group - the psychopathic group - is very small.

It is human nature for a normal man to subconsciously know fairly accurately how much damage to himself he is prepared to suffer before he withdraws from any combat. There are very few without fear of personal injury. The real difference is between positive and negative attitude in fighting. Mr. Positive intent on hurting the other. Mr. Negative concerned only with how much he is getting hurt. So the ways in which to stop a man while fighting depends also on the type of man and the extent of his positive or negative attitude.

- a) to break his limbs so that his body cannot function.
- b) to knock the air out of his chest and starve him of more air
- c) to render a state of flow on the nervous system of the victim's body in order to cause a nervous illness

Let us return to the attack from the rear by a neck hold

Counter

He next attacked the foot of your opponent's body and leg, you must be prepared to relieve pressure if you will escape. Do not bend to the right or forward and you will be able to stand firm. Thanks for making these things so simple to be so sure as a strong person if you do not we surely drag you to the ground, consolidating his advantage.

Grab the other legging around the wrist and elbow, keeping it with one hand and the right wrist in the other. Jerk downward to release the hair. As you jerk, bend your knees and flick your legs down straight away from you at the same time, turning forward to your opponent. See Illustration N.

YEN will get with some practice on a friend that if you retain your
gliding love with much speed then your spooner will be fast
to turn it's having's we are alike. The result is movement
stooping as you rise you just far. You are in the work of your
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that it's a kind of your. It is a kind of the spiritual
released, you must try your hardest to do just that



IL_LUS_N

But what if she has either two arms around you or she has a firm grip on your collar and she wants to see you must quickly decide which of the following alternatives to employ. So, for what will? Remember your air supply.

- a. If his head is on a level with yours, then reach back and try to get one hand behind his neck. If you are lucky in this, get your other hand over his mouth. A sure fire way of securing your release.
- b. Smash as hard as you possibly can with your elbow into one or more of the nerve centers of his upper body.
- c. While hanging onto his arm, kick with all your force into his knee and shin. Scrape down his shin, stamp on his instep. Only when his hands are loosened from your neck or his grip on your hair is released, can you then duck down and effect the original movement.

The above moves can be applied to a waist hold.

Attack from the Rear with a Strangle Hold

Counter

Grab a finger preferably the little finger with each hand and jerk hard to break his grip. After breaking up the grip, take care of maintaining your hold on the finger. Continue with vigorous knee and elbow smashing.

DYMO MOVEMENT THREE

Attack from the Front with Club or Fist

- a. Attacker aims to land a downward head blow with club (fist

Counter

Block his incoming with your up. Lower the angle of the blow. When one says "lower" as you block a blow that is not a body blow, it is energy. Follow up with one or more of the above movement and if you attack. The upper palm technique is most effective in this situation. (see chapter on forearm and wrist and P.)

- b. Attacker postures as innocently, but this time attack with a downward club (fist or club)

Counter

Slap club or fist away with forearm. Deliver butt of hand blow to facial areas to throw attacker. Balance. Follow-up with attack as above.

Note: In the case of a club, you must make your first move as high up on the attacking arm as possible so as to avoid connecting with the club. The reason for this is obvious.

DYMO MOVEMENT FOUR

Attack from Three Quarter Angles

Instead of playing the role of the victim, you must assume the initiative. A wary, ready, sharp-eyed self. You know when you are in trouble. On the street alone, etc. be alert for sights and sounds and movements to which you should respond with readiness to defend, rather than in a panic of helplessness. With an attack from the side it can usually be dealt as the attack from the rear, or run away turning your own body with one exception, a running attack which is intended to bring you down.

Counter

Don't wait for your assailant to reach or grab you. In this case you must make the first move. If you are certain that he intends to attack, two actions—done simultaneously at a running attacking manner—can immediately dissuade a man who expects a helpless prey.

- a. Thrust your hand open upwards toward his face and kick out at his lower legs or knees. (See Illustration Q) If the timing of your crawling hand is right, your attacker will be unable to avoid running into it. The upward motion of the hand is then changed to a downward motion as you tear the tips of your fingers and nails down across the eyelids (see Illustration O), tearing the lower lids and even the eyes.
- b. Immediately follow this attack with an open palm spread finger walk to the side of his face with your other hand. On impact, form your hand into a claw and with a claw at motion, grab the side of his face. (See Illustration P)



ILLUS Q

ILLUS P



ILLUS O



Don't use this type of attack unless you really need to. If your attacker is still moving forward and neither is falling forward, it's possible to tear a large portion of his face away.

In the event of your first open hand aimed at his eyes being blocked by his instinctive reaching up to protect his face, either deliver a punch to his body or side step to vigorously kick him above the knees, bringing him down. (See Illustration Q) Another useful weapon against a running man is a powerful, well-placed knee hand swing to the throat. If a man is running on to such a blow, then I will finish him for fighting altogether.

Finally, always set your body in readiness to receive a running attack. Strange as it may seem, you are in a better position of advantage than the attacker.

given the chance don't miss the opportunity of helping your adversary on his way by grabbing his outstretched arm (should there be one) and placing your leg in front of his as he lunges. This would necessitate you side stepping a little at the last minute. By pulling his arms as you lunge him you could effect a very heavy face slap which would give you the chance of delivering suitable kicks to his body and vital nerve centres.

(Re Charts)

THE FIFTH AND FINAL DYMOMOVEMENT

This is the counter to a knife attack. Although of course such an attack is very dangerous, if a tool is as today as many would like to make out it is because of the stupid use made in such attacks by members of the "black community" that the author feels that it should be included in the course.

Knife Attack One Forward Lunge

Counter

When aggressor attacks with the side of his knife and delivers a violent side kick aimed at the back of your opponent's knee. Opponent should try to sidestep down on to one knee and deliver a very strong back kick to deliver properly your opponent will be kicked leaving you as the possessor of a kick the aggressor in the vital nerve centres.

Remember always attack full force. Always have the conviction to be victorious although it may well be totally against you. Nature. Remember one good blow can save a dozen weak ones.

Knife Attack Two

Short Rapid Lunges in Successive Motion

Counter

Divert attention in the most devastating way possible. Just how best to do this takes a little thought but it is most important that you do not underestimate the value of this technique. It is not an easy one to learn but becoming the attacker. Throw someone a knife so that an opponent has to be very alert and poised behind you. Or simply in the air like a scolded cat as you attack. Just imagine a little scolding for a second or two. You need only a fraction of that time to aim and throw and save your life. Or at the best ways of diverting the attention by throwing any object that you may have handy.

ILLUS A





THE FANTASTIC BACK
OF MR. UNIVERSE
PAUL WYSTER

.....

The next Hercules Lesson will be devoted to further size increase of your bodybulk. We are also going to include a complete watch-outting plan for those of you who are carrying an abdominal problem. This advice is invaluable even to those who presently have no aches, because Lesson #14 will give you the secrets of "wasting" a firm waistline for the rest of your life. Join next week's **HERCULES TRAINING**!

THE KATA'S SUPERIOR BODY DOGMA

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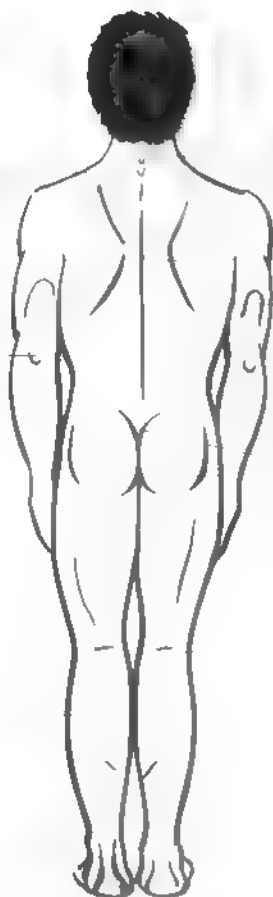
THE KATA'S

THE KATA'S

Figure 1

Figure 2

Figure 3



HERCULES II

(Apollo - Power - One)



lesson

5

LESSON FIVE

By now you should really be on your way to getting stronger and more massively developed. Here are a few questions that fellows have forwarded to this office from time to time. The answers are provided by us.

Q. What happens when I quit? Will I turn to fat or die young?

A. It is ridiculous. May seem this is an age old question which crops up from time to time. Our answer is that you will not turn to fat. You will certainly not die. But realistically, the only fat which is stored is the fat which is not used. The fact is that you are already expending far more energy than you are taking in. You are already well into the weight which you need to maintain. But you have never known anyone to COMPLAIN about losing fat. For the only standard for strength is the training. Of course if you consistently overeat after quitting, you may turn to fat. But you may not. You may naturally gain weight in the form of fat. The answer is that it is a matter of your eating habits. As for dying young, there is every indication that a person who quits after the 12 weeks with a planned system of exercise and nutrition is better off than anyone.

Q. Can one be too old for exercise?

A. Provided you are in normal health, one is never too old to exercise. Naturally, if you are really pushing the years, then you will expect to feel like a young man. Generally speaking, every normal person regardless of age can benefit enormously from sensible exercise.

Q. What is the maximum weight gain a normal fellow can make each day?

A. Actually, we have known one man who could easily gain up to eight pounds a day. But we adjust this to a practicality. We feel that if a student follows our recommendations to the letter, he should gain 5 to 7 pounds a week. Even the gaining of a pound a day will slow up to less. Remember, a gain of a pound a day leads to an overall bodyweight gain of 365 pounds a year. A net weight gain of just one pound a week or giving you have 50 pounds that you gain a year. The major thing to make sure that you are actually gaining. If your weight is not going up, that means, yes, it is as simple as that.

Q. What are the benefits of vigorous exercise on a normal man?

A. A person who follows a program of physical exercise feels better, enjoys more weight and endurance. Changes are your heart and lungs stronger, your circulation's more superior, your body is more vigorous. Sexuality will be increased with the added self confidence. You will become a more powerful man. Most important, you will become wise in the fact that at a time when we need badly looks, GOD says, BE FEARLESS! Don't let anyone knock healthy exercise.

Q Does heavy exercise prevent one from growing taller?

A Definitely NO! In fact there are many exercises that are designed to help a person reach maximum stature (development while you are short and only possible if may we say you take care of your four right joints a.k.a. feet, knees, hips and spine) and may be actually working on a primary career. Pro Height H2 P.O. Box 100 Norve, Ontario, Canada

Q What controls the bodyweight of a man?

A His test! The amount of vigorous exercise food and sleep he takes

Q Is weight lifting good for building muscles?

A You are correct, with weight lifting, there are many ways to overdevelop muscles. They are especially helpful in the areas of the back, neck, shoulders, the spine, and thighs. However, when we lift weights, we are exposing most of these areas. Strength training is a very intelligent way to build, but it does build grotesque over developed muscles.

Q What are the best bodybuilding loads in your opinion?

A We cannot give you the best bodybuilding load, as it is a very subjective matter. The best load is the one that you can lift with good technique, and that you can lift with a good amount of weight. The best load is the one that you can lift with a good amount of weight, and that you can lift with a good amount of weight. The best load is the one that you can lift with a good amount of weight, and that you can lift with a good amount of weight. The best load is the one that you can lift with a good amount of weight, and that you can lift with a good amount of weight.

Q Is it a good idea to strain while performing the Hercules II exercises?

A No! It is a good idea to strain while performing the Hercules II exercises, as long as you are not straining to the point of injury. Straining is a good thing, as long as you are not straining to the point of injury. Straining is a good thing, as long as you are not straining to the point of injury. Straining is a good thing, as long as you are not straining to the point of injury.

Q How should I breathe during the special exercises you recommend in this program?

A This is a simple one. Breathe once each repetition, and breathe in during the hardest part, and breathe out during the easiest part.

Q Does the Hercules II program involve progressive training? Exactly what is progressive training?

A This Hercules II adaptive course is designed around the progressive exercise principle. Progressive simply means that the body is subjected to an ever-increasing workload. In other words, your exercise program gets tougher and tougher as you advance in strength. Consequently, your muscles will enlarge week by week, because you are giving them more and more work. Add a little more exercise each week and see the spectacular results!

This Week's Schedule

Your schedule for this week is identical to that of the previous two weeks. The only difference is you will perform each exercise **twice** during each week session.



1



2



3



6



7



8

Even though the repetitions are the same as last week, you will perform each exercise **twice** during each week session. By doing this you will be able to build up your muscle mass and keep your energy level high.



Was there ever a Physique like Steve Reeves. He did not look like a sportsman from before the war was over. However, even though he was not quite the Hercules of the world, he was a very good example of the physical perfection of the 1940s.

Don't be fooled by the 10 different ads you see for reducing fat on the web. There are 10 secret pills which can safely take off fatty tissue. There are 10 special fat-burning foods or Miracle Diets. Attack the problem sensibly: simply exercise regularly and reduce those fattening foods a little more each week. Keep an eye on your progress by weighing yourself from time to time as simple as that. We do want to help you, but it's an impossible task to recommend every calorie you must. We simply want you to reduce the fattening meals and snacks you have eaten. Consume more or high-protein foods and regular healthy exercise.

Here are a Few Tips for This Person We Want to Lose Weight

1. Don't oversleep. Eight hours is about enough.
2. Keep on the move, especially after meals.
Walk regularly.
4. Don't worry about hunger pains. They are usually a sign that you are not getting enough food intake. They will go away (and so will your flab).
5. Be realistic about what you eat. Don't take a snack or carbohydrate that is entirely verboten on a strict diet.
6. Gradually eat down your daily calorie intake each week.
Take care over your posture. Walk and stand erect.
8. Don't expect miraculous results.
9. You are exercising. Keep going every week. Loss will slow at first, but it will come in time.
10. Eat slowly. Cut out your liquid intake. Take a look at your diet.
11. Promise you won't become a life-depressed. It will pass.
2. Diet cola before meals can lessen your appetite.

Whereas we do not advise that you try and count every calorie, we are listing some foods and the calorie content to give you an idea of which foods to avoid. Remember, the fewer calories you eat, the more flabby weight you will lose.

Next week we talk about hair health. Whether you have a tendency to lose hair or not, the advice in this next lesson (No. 6) can help you give your hair all the help possible.

We will also be giving you more muscle-building tuition which will take you to the halfway mark in this course. Included also will be the full facts about protein supplements as an aid to your bodybuilding efforts.



ROBERT NAYLOR

YOUR CALORIE COUNTER

Food Counts in Normal Portions (as calculated by the U.S. Department of Agriculture)

Values for Cooked Vegetables are Without Added Fat

MILK AND MILK PRODUCTS:

Buttermilk, from skimmed milk, 1 cup	85
Milk, cow	
Fluid, whole, 1 cup	165
Fluid nonfat (skimmed), 1 cup	85
Evaporated (undiluted), 1 cup	345
Condensed (undiluted), 1 cup	980
Dry, whole, 1 tablespoon	40
Dry, nonfat solids, 1 tablespoon	30
Cheese, 1 ounce:	
Cheddar (1 in. cube)	115
Cheddar, processed	105
Cheese foods, Cheddar	90
Cottage, from skimmed milk	25
Cream	105
Swiss	105
Cream 1 tablespoon:	
Light	30
Heavy	50
Beverages, 1 cup	
Chocolate (all milk)	240
Cocoa (all milk)	235
Chocolate flavored milk	185
Malted milk	280

Desserts

Blanc mange, 1 cup	275
Custard, baked, 1 cup	285
Custard pudding, canned, strained, (infant food), 1 ounce	30
Ice cream, plain	
1/7 of quart brick	165
8 fluid ounces	295

FATS, OILS, RELATED PRODUCTS.

Bacon, medium fat, broiled or fried, 2 slices	95
Butter, 1 tablespoon	100
Fats, cooking (vegetable fats)	
1 cup	1770
1 tablespoon	110
Lard, 1 tablespoon	125
Margarine, 1 tablespoon	100
Oils, salad or cooking, 1 tablespoon	125
Salad dressings, 1 tablespoon.	
French	80
Home-cooked	30
Mayonnaise	90

EGGS:

Eggs, raw, medium*	
1 whole	75
1 white	15
1 yolk	60
Eggs, dried, whole, 1 cup	640

MEAT, POULTRY, FISH

Beef, 3 ounces, without bone, cooked:	
Chuck	285
Hamburger	315
Sirloin	255
Beef, canned	
Corned beef, medium fat, 3 ounces	180
Corned beef hash, 3 ounces	120
Strained (infant food), 1 ounce	30
Beef, dried, 2 ounces	115
Beef and vegetable stew, 1 cup	250
Chicken, canned, boned, 3 ounces	170
Chili con carne, canned (without beans) 1/3	170
Clams, raw, meat only, 4 ounces	90
Cod, dried, 1 ounce	105
Crab meat, canned or cooked, 3 ounces	90
Flounder, raw, 4 ounces	80
Haddock, fried, 1 fillet (4 x 3 x 1/2 in.)	160
Halibut, broiled, 1 steak (4 x 3 x 1/2 in.)	230
Heart, beef, raw, 3 ounces	90
Kidneys, beef, raw, 3 ounces	120
Lamb, leg roast, cooked, 3 ounces	230
Lamb, canned, strained (infant food), 1 ounce	30
Liver, beef, fried, 2 ounces	120
Liver, canned, strained (infant food) 1 ounce	30
Mackerel, canned, solids and liquid, 3 ounces	155
Oysters, meat only, raw, 1 cup (13-19 medium size oysters, selects)	200
Oyster stew, 1 cup with 6-8 oysters	245

Pork loin or chops, cooked 3 ounces without bone	285
Pork, cured ham, cooked, 3 ounces without bone	340
Pork luncheon meat, canned, spiced 2 ounces	165
Salmon, canned, pink, 3 ounces	120
Sardines, canned in oil, drained solids, 3 ounces	180
Sausage	
Bologna, 1 piece (1 x 1½ in. diam.)	465
Frankfurter, 1 cooked	125
Pork, bulk, canned, 4 ounces	340
Scallops, raw, 4 ounces	90
Shad, raw, 4 ounces	190
Shrimp, canned, meat only, 3 ounces	110
Soups, canned, ready to serve	
Beef, 1 cup	100
Chicken, 1 cup	75
Chicken, strained (infant food), 1 ounce	15
Clam chowder, 1 cup	85
Tongue, beef, raw, 4 ounces	235
Tuna fish, drained solids, 3 ounces	170
Veal cutlet, cooked, 3 ounces without bone	185

MATURE BEANS AND PEAS, NUTS

Almonds, shelled, unblanched, 1 cup	850
Beans, canned or cooked, 1 cup	
Red Kidney	230
Navy or other varieties with	
Pork and tomato sauce	295
Pork and molasses	325
Beans, lima, dry, 1 cup	610

Brazil nuts, shelled, 1 cup	906
Coconut, dried shredded (sweetened), 1 cup	345
Cowpeas, dry, 1 cup	685
Peanuts, roasted, shelled, 1 cup	805
Peanut butter, 1 tablespoon	90
Peas, split, dry, 1 cup	690
Pecans, 1 cup, halves	750
Soybeans, dry, 1 cup	695
Walnuts, English, 1 cup, halves	655

VEGETABLES.

Asparagus.

Cooked, 1 cup spears	35
Canned, green, 6 spears, medium size	20
Canned, bleached, 6 spears, medium size	20

Beans, lima, immature, cooked, 1 cup	150
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Beans, snap, green, cooked, 1 cup	25
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Beets, cooked, diced, 1 cup	70
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Broccoli, cooked, flower stalks, 1 cup	45
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Brussels sprouts, cooked, 1 cup	60
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Cabbage, 1 cup

Raw, shredded	25
Cooked	40

Carrots.

Raw, grated, 1 cup	45
Cooked, diced, 1 cup	45
Canned, strained (infant food), 1 oz.	10

Cauliflower, cooked, flower buds, 1 cup	30
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Celery 1 cup	
Raw, diced	20
Cooked, diced	25
Collards, cooked, 1 cup	75
Corn, sweet	
Cooked, 1 ear (5 in. long)	85
Canned, solids and liquid, 1 cup	170
Cowpeas, immature seed, cooked, 1 cup	150
Cucumbers, raw, 6 slices (1/8 in. thick, center section)	5
Dandelion greens, cooked, 1 cup	80
Endive, raw, 1 pound	90
Kale, cooked, 1 cup	46
Lettuce, head, raw 2 large or 4 small leaves	5
Mushrooms, canned, solids and liquid, 1 cup	30
Mustard greens, cooked, 1 cup	30
Okra, cooked, 8 pods (3 in. long, 5/8 in. diam.)	30
Onion, raw	
Mature, 1 onion (2½ in. diam.)	50
Young green, 6 small onions without tops	25
Parsnips, cooked, 1 cup	95
Peas, green	
Cooked, 1 cup	110
Canned, strained (infant food), 1 ounce	15
Peppers, green, raw, 1 medium	15
Potatoes	
Baked, 1 medium (2½ in. diam.)	95
Boiled in skin, 1 medium (2½ in. diam.)	120
Boiled, after peeling, 1 medium (2½ in. diam.)	106
French fried, 8 pieces (2 x ½ x ¼ in.)	166
Potato Chips, 10 medium (2 in. diam.)	110

Pumpkin, canned, 1 cup	75
Radishes, raw, 4 small	5
Rutabagas, cooked, cubed or sliced, 1 cup	50
Soybean sprouts, raw, 1 cup	50
Spinach	
Cooked, 1 cup	45
Canned, strained (infant food), 1 ounce	5
Squash	
Summer, cooked, diced, 1 cup	35
Winter, baked, mashed, 1 cup	95
Winter, canned, strained (infant food), 1 ounce	10
Sweet potatoes, peeled, 1 sweet potato	
Baked (5 x 2 in.)	185
Boiled (5 x 2½ in.)	250
Tomatoes	
Raw, 1 medium (about 2½ in. diam.)	30
Canned or Cooked, 1 cup	45
Tomato juice, canned, 1 cup	50
Turnips, cooked, diced, 1 cup	40
Turnips, cooked, 1 cup	45
Vegetables, mixed, canned, strained (infant food), 1 ounce	10

FRUITS

Apples, raw, 1 medium (2½ in. diam.)	75
Apple juice, fresh or canned, 1 cup	125
Apple Betty, 1 cup	345
Applesauce, canned, sweetened, 1 cup	185
Apricots	
Raw, 3 apricots	55
Canned in syrup, 4 medium halves & 3 tablespoons syrup	95

Apricots (cont'd)	
Canned strained (infant food) 1 ounce	15
Dried, cooked unsweetened fruit & liquid, 1 cup	240
Avocados raw & peeled fruit (3½ x 3¼ in.)	280
Bananas, raw, 1 medium (6 x 1½ in.)	90
Blackberries, raw, 1 cup	80
Blueberries, raw, 1 cup	85
Cantaloupes, raw, ½ melon (5 in. diam.)	35
Cherries, 1 cup, pitted	
Raw	65
Canned, red, sour	120
Cranberry sauce sweetened 1 cup	550
Dates 'fresh' and dried pitted and cut, 1 cup	505
Figs, raw, 3 small (1½ in. diam.)	90
Figs, dried, 1 large (2 x 1 in.)	65
Fruit cocktail canned solids and liquid 1 cup	180
Grapefruit, raw, 1 cup sections	75
Grapefruit juice	
Canned, unsweetened, 1 cup	90
Frozen concentrate, 6 ounce can	295
Grapes, 1 cup	
American type (slip skin)	85
European type (adherent skin)	100
Grape juice, bottled, 1 cup	170
Lemon juice, fresh, 1 cup	60
Lime juice, fresh, 1 cup	60
Oranges, 1 medium (3 in. diam.)	70
Orange juice	
Fresh, 1 cup	110
Canned, unsweetened, 1 cup	110
Frozen concentrate, 6 ounce can	300

Papayas, raw, cubed, 1 cup	70
Peaches	
Raw, 1 medium (2½ x 2 in. diam.)	45
Canned, strained (infant food), 1 ounce	15
Canned, in syrup, solids and liquid, 1 cup	175
Dried cooked unsweetened 1 cup (10–12 halves and 6 tablespoons liquid)	225
Pears	
Raw, 1 pear (3 x 2½ in. diam.)	95
Canned, in syrup, 2 medium size halves and 2 tablespoons syrup	80
Canned, strained (infant food), 1 ounce	15
Persimmons, Japanese, raw, seedless kind, 1 persimmon (2½ in. diam.)	■
Pineapple:	
Raw, diced, 1 cup	75
Canned, in syrup, 2 small or 1 large slice and 2 tablespoons juice	95
Pineapple juice, canned, 1 cup	120
Plums, raw, 1 plum (2 in. diam.)	30
Prunes, cooked, unsweetened, 1 cup (16–18 prunes and 1/3 cup liquid)	310
Prune juice, canned, 1 cup	170
Raisins, dried, 1 cup	430
Raspberries, red, raw, 1 cup	70
Rhubarb, cooked with sugar, 1 cup	385
Strawberries	
Raw, 1 cup	55
Frozen, 3 ounces	90
Tangerines, 1 medium (2½ in. diam.)	35
Tangerine juice, canned, 1 cup	95
Watermelons, ½ slice (3/4 x 10 in.)	45

GRAIN PRODUCTS.

Barley, pearled, light, dry, 1 cup	710
Biscuits, baking powder, enriched flour, 1 biscuit (2½ in. diam.)	130
Bran Flakes, 1 cup	115
Breads, 1 slice	
Boston brown, unenriched	105
Rye	55
White unenriched 4 per cent nonfat milk solids	65
White enriched 4 per cent nonfat milk solids	65
White enriched 6 per cent nonfat milk solids	65
Whole Wheat	55
Cakes	
Angel food 1 in. sector (1/12 of cake 8 in. diam.)	110
Doughnuts, cake type, 1 doughnut	135
Foundation, 1 square (3 x 2 x 1½ in.)	230
Foundation, plain icing, 2 in. sector, layer cake (1/16 of cake, 10 in. diam.)	410
Fruit cake, dark, 1 piece (2 x 2 x ½ in.)	105
Gingerbread, 1 piece (1 x 2 x 2 in.)	180
Plain cake and cupcakes 1 cupcake 2 x in. diam.	130
Sponge, 2 in. sector (1/12 of cake, 8 in. diam.)	115
Cereal foods, dry, precooked (infant food) 1 ounce	105
Cookies, plain and assorted, 1, 3 in. cookie	110
Corn bread or muffins made with enriched, degermed corn meal, 1 muffin (2½ in. diam.)	105
Corn Flakes, 1 cup	95
Corn Grits, degenerated, cooked, 1 cup.	
Unenriched	120
Enriched	120

Crackers	
Graham, 4 small or 2 medium	55
Soda, plain, 2 crackers (2½ in. diam.)	45
Farina, enriched, cooked, 1 cup	105
Macaroni, cooked, 1 cup:	
Unenriched	210
Enriched	210
Muffins, made with enriched flour, 1 muffin 2½ in. diam.	135
Noodles, containing egg, unenriched, cooked, 1 cup	105
Oatmeal or rolled oats	
Cooked, 1 cup	150
Precooked (infant food), dry, 1 oz	105
Pancakes, baked wheat, with enriched flour 1 cake (4 in. diam.)	60
Pies, 4 inch sector (9 in. diam.)	
Apple	330
Custard	265
Lemon meringue	300
Mince	340
Pumpkin	265
Pretzels, 5 small sticks	20
Rice, cooked, 1 cup	
Converted	205
White or milled	200
Rice, puffed, 1 cup	55
Rolls plain, enriched, 1 roll (12 per pound)	120
Spaghetti, unenriched, cooked, 1 cup	220
Waffles, baked, with enriched flour, 1 waffle (4¼ x 5 5/8 x ½ in.)	215

Wheat flours	
Whole, 1 cup stirred	400
All purpose or family flour	
Unenriched, 1 cup sifted	400
Enriched, 1 cup sifted	400
Wheat germ, 1 cup stirred	245
Wheat, shredded, 1 large biscuit, 1 oz.	100

SUGARS, SWEETS

Candy, 1 ounce	
Caramels	120
Chocolate, sweetened, milk	145
Fudge, plain	115
Hard	110
Marshmallows	90
Chocolate syrup, 1 tablespoon	40
Honey, strained or extracted, 1 tablespoon	60
Jams, marmalades, preserves, 1 tablespoon	55
Molasses, cane, 1 tablespoon	
Light	50
Blackstrap	45
Syrup, table blends, 1 tablespoon	55
Sugar, 1 tablespoon	
Granulated, cane or beet	50
Brown	50

MISCELLANEOUS

Beverages, carbonated, cola type, 1 cup	105
Bouillon cubes, 1 cube	2
Chocolate, unsweetened, 1 ounce	140
Gelatin dessert, plain, ready-to-serve, 1 cup	155

Olives, pickled "mammoth" size, 10 olives.	
Green	70
Ripe Mission variety	105
Pickles	
Dill cucumber, 1 large (4 in. long)	15
Sweet cucumber or mixed, 1 pickle (2 1/4 in. long)	20
Sherbet, 1/2 cup	120
Vinegar, 1 tablespoon	2
White sauce, medium, 1 cup	430
Yeast	
Compressed baker's, 1 ounce	25
Dried brewer's, 1 tablespoon	20



HERCULES II

(Apollo - Power - One)



lesson

6

LESSON SIX

Tris is the halfway mark. You should now start to accelerate the pace at which you workout. (be careful speaking, the more training you can do in a short space of time the more you must sweat & grow. Most of the time you will find your three a week workouts take about 15 minutes. If they are taking much longer then you are training too slowly. Speed up!)

This week we will add just one exercise

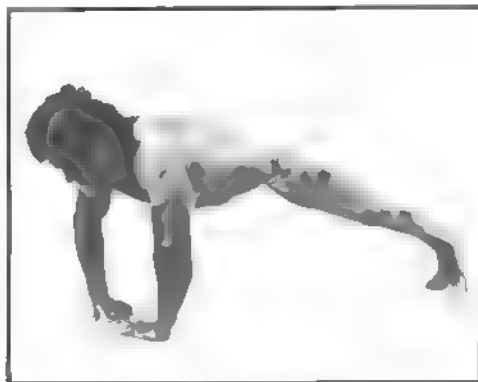
Next week your WHOLE TRAINING SCHEDULE CHANGES. Next week you will start the HERCULES SUPER PUMPING SYSTEM! Meanwhile, your additional exercise for this week is:

The Tricep Extension

3 x 6

• (arms)

Busca]



1. Assume the position shown in illustration (a). Now lower your body until your arms extend at your fore arms with hands about two inches apart.
2. From this position simply straighten your arms, lifting your body as though you were doing a regular pushup.
3. Return to the original position, continuing for 6 reps.

Your complete schedule for this week will be:



1. **Standing Toe Touching**
2 x 10



2. **Jack-knife Exercise** 4 x 10



3. **Seated Grip Cross Pushups** 4 x 8



4. **Side Situp** 4 x 18



5. **Seated Leg Extension** 4 x 5



6. **Side Bicep** 4 x 5



7. **Doorway Push** 3 x 6



8. **Seated Alternate Leg Kicking**
3 x 15



9. **Triceps Extension** 3 x 6

HOW TO CARE FOR YOUR HAIR

Hair, hair, hair. So you're balding? Hurt's doesn't it? But even if you're not losing hair, it's a good idea to look after your scalp so that you can do all that is possible to prevent excessive hair loss.

First of all, we want you to understand that baldness is mainly hereditary. If your father or mother (or both) were prone to bald, then chances are that you have inherited the tendency. It is comparatively easy after a few years for this process almost to be completely slowed, but it is absolutely certain that, as far as the ability of cells the hair can be cared for in a way that the hair loss is essentially prevented. That the hair is lost in thousands of individuals who have no lower general hair health is a fact which we are strongly impressed. A hair loss and have maintained full heads of rich hair into old age.

There are many balms and potions that are sold through shops, stalls, stores and through advertisement in press and magazines, but none work. Giving new hair is as simple as that.

Here are the facts. Hair research has been carried out now for decades. The following steps for a superior hairier and thicker head of hair have been formulated from all the knowledge we have gained in our research laboratories, hospitals and university research connections. Problems of falling and receding hair from all parts of the world. At the time of writing this, carrying out these simple steps is the only positive action we believe that can be taken by you to arrest falling hair. There is no perfecting or guaranteed treatment that can give you a full head of hair. If you are completely unaware of the conventional matter of baldness common to men. We might add here that hair transplanting like heart transplanting is in infancy and as yet is not wholly satisfactory. However, great progress in this field is anticipated in the next decade or so. Usually the hair used to transplant is taken from behind the ears or the nape of the neck, places where hair is nearly always abundant. Wherever the treatment is not painful to any extent and can be done at the rate of 25 to 100 new transplants at one time, it is extremely expensive. But sometimes money is no object to a man who needs to treat baldness.

Let's not waste time talking. Here are the things you can do! Set down in as simple a way as we know how.

STEP ONE

Hygiene

Wash your hair every other day if you live in a city. Twice a week if you live in the country. A tremendous amount of premature baldness is caused through minute particles of dirt which block up air to the scalp, cause an early demise. In fact the head is usually the dirtiest part of the body. If you want thick hair, you must be the cleanest. Use a good shampoo (mild) and use thoroughly after each washing. If you have a rash or blemishes on the scalp, see a dermatologist, because washing can often worsen the condition.

STEP EIGHT

[illegible]

11 upright sign. It shows that the roots have been stimulated

STEP NINE

Keep consistently following these steps and you will be able to keep your weight under control and your health in good shape. Remember, the key to a healthy lifestyle is consistency. If you are not sure how to get started, ask your doctor or a fitness professional for advice. They will be able to help you create a plan that works for you. And remember, it's never too late to start. The benefits of a healthy lifestyle are worth the effort.

STEP TEN

[illegible]

STEP ELEVEN

Supplement can ensure adequate supply

STEP TWELVE

[illegible]

STEP THIRTEEN

Have a check up with your dentist. Bad teeth can adversely affect the hair by indirectly poisoning the scalp.

STEP FOURTEEN

Stress can be one of the most devastating 'killers' of hair. Try not to worry unduly. Remember, worry itself solves nothing. If you find that your job is giving you a draining feeling inside, then try and seek another approach. Apart from saving yourself from getting an ulcer, your hair will be less likely to fall out! Worry in some people can cause almost overnight hair loss.

STEP FIFTEEN

Hair is made of protein. Ensure that you are getting adequate supplies. Good protein foods include: Fish, Poultry, Nuts, Cheese, Milk, Meat, Soya Beans and Eggs. For those who prefer it, there are numerous protein supplements on the market, in powder or tablet form. These are obtainable at drug stores and chemists.

Protein is not fattening. Get plenty of it!

STEP SIXTEEN

Make a point of really breathing in fresh air when you are out of doors. Few people do this, though we all claim to. Walk one week from now. Adopt it as a matter of habit. The more air you take in, the healthier you are. Fresh air is far more oxygen and often supplies iodine by the time this ingredient reaches the scalp via the air.

STEP SEVENTEEN

A specific treatment used by many stage, screen and T.V. personalities. This is a treatment to be carried out once or twice a month only.

Heat some castor oil to a temperature that is comfortable yet sticky to the skin. If you scalp, Rub it in. If you don't scalp, then apply hot damp towels around the entire head, starting from the crown of the scalp and hair. Continue this hot oil treatment for ten minutes and allow the oil to remain on the hair for at least twenty minutes. Then remove with a vigorous shampoo. Remember to use hot enough oil to remove all dirt, grease and dandruff which has been loosened by the hot oil treatment.

STEP EIGHTEEN

To have healthy, shiny hair, one should make a point of getting every dead hair out of your head every day. When one allows dead hair to remain in the head one starts scalp problems. New hair finds it difficult to come out when it is blocked by dead hair. Many people who are having trouble from growing dead hair think that they are doing the bathing process. Nothing could be further from the truth. Don't forget to shampoo and massage vigorously after you have once got your scalp used to vigorous brushing. This loosens dead hairs and in their place grow strong new hairs. By getting rid of dead hair, you help to ensure a strong growth. One of the greatest fears of a balding person is that he or she is afraid to brush the head for fear of losing more hair. Naturally at first you will take it easy, but within a week you should be brushing your hair vigorously every night.

STEP NINETEEN

Not a nice hair care procedure, but certainly an important aspect of head hair appearance is the way you hair is cut and styled. Make a few enquiries in your area and perhaps even try a little more to have your hair cut by a good barber. This is the practice of many in the acting profession whose very profession depends on their overall appearance. Clever styling can make all the difference. For those who have suffered from thinning hair loss, that a barber can hardly help them, we suggest that they avoid chemicals growing a head of hair and/or using safety razors. These will tend to irritate the skin and the hair. The same goes for eyebrows and hair darkeners to retard loss of the hair line.

STEP TWENTY

Combs should have blunt, smooth teeth, never use a sharp comb that can harm the scalp or hair.

STEP TWENTY ONE

Hair pulling. Make a habit of gently tugging tufts of hair all over the head. As your hair strengthens, this exercise can be increased in severity as you get used to the movement.

STEP TWENTY TWO

Rins for the shampoo. Two to three shampoos of mild shampoo should be followed by two thorough rinses in warm water, then cold water rinse to stimulate circulation. Dry the hair by hanging with warm towels if possible.

STEP TWENTY THREE

Keep your combs and brushes absolutely immaculately clean. Of all things, if one hair care item had to be singled out as the most important, it would be cleanliness of the hair and scalp. Keep clean by regular washing and rinsing. And likewise keep anything that touches the hair spotlessly clean.

A FINAL WORD

It's very easy to gloss over these hair care steps and to think to yourself that if you fully followed all advice you would not do your hair one bit of good.

Humor me on this, what it is many people feel that if they spend money for a thick head of hair, will it grow? If that hair, if they follow advice like self-massage and scalp hygiene, it may well not get anywhere.

Don't fool yourself! If there was a tribe that grew hair on bald heads, we wouldn't really have any hair peeping. Follow this advice. It's invaluable. Keep this advice with you for reference as a means of inspiration. Content can keep you young and gone looking. Keep your hair going. Good. Practice the advice in this book. Soon it can become habit and like cleaning your teeth, washing your face, or shaving, you will be practicing hair care. You will be happier, more content knowing that you are doing everything possible towards maintaining a healthy head of thick hair.

- Q. Is there any way a man or woman could get venereal diseases like gonorrhea or syphilis apart from full sexual contact?
- A. Almost without exception, gonorrhea and syphilis are acquired through sexual relations only, including contact between homosexuals.
- Q. What are the main differences between gonorrhea and syphilis and how do they effect life and health?
- A. Both are common diseases affecting millions of people yearly. Gonorrhea is the most common and is spreading like wildfire among young people. The symptoms are usually a discharge, inflammation and sometimes pain in the female. On the other hand, syphilis seldom causes a discharge and is usually characterized by a chancre or ring like sore to appear in the genitals. If you do not quickly get syphilis treated as the disease goes on, it might eventually enter the bloodstream and form a link again later with serious complications. Paralysis, brain damage, blindness and ultimate death are risks.
- Q. Is there anything during a woman's menstrual period harmful in any way? Could pregnancy at this a result?
- A. Sex to relationships during this time is not harmful to either partner. Pregnancy too is just as likely at that time as any other time of the month.
- Q. I just cannot make my current girlfriend reach a climax. No matter how much time we take to have making up a never seems to be beyond a certain stage of enjoyment. What do you suggest?
- A. This is a difficult experience. The woman may be unable to fully give herself to sexual pleasure for many reasons. She may have had over stimulation in which she has overstimulated herself and in fact is afraid of sex. Other reasons are her own religious backgrounds. There are also many other reasons like lack of pregnancy or other physiological. You see it can be a long time. You have to be patient with your woman. Be kind, understanding and above all, a little sensitive to her. A conspiratorate husband who shows her recommendations and earns the security of being on a wife without have a frig wife to worry unless of course she has serious psychological problems which require the help of a therapist.
- Freshly should say that your partner may just not be interested in sex with you. In fact, this is the most common complaint received by marriage counsellors. In most cases, it is the wife who does not enjoy sex. She merely goes along with it as a duty to her husband's desires.

Here's Your Four Way Plan

- 1 The husband should talk about sex with his wife. He should encourage her to read authoritative books on the subject of sexual intercourse. The books should be frank, open and written in a professional manner. This step is very important in establishing communication without which a good sexual adjustment is impossible. Your wife should be exposed to such words as 'penis', 'vagina', 'vulva', 'clitoris', 'masturbation', 'orgasm' in a professional context. After she has become accustomed to using such words, she will not think twice about using them to express her desires to her husband. This openness will serve to remove the embarrassment she has always associated with those things.
- 2 The electric vibrator is useful in aiding a woman's initial climax. A skilled 'refrigerator' woman, so to speak, is not experienced in orgasm. Once a woman has come, she will wait for orgasm. The vibrator can help in these things, though many women will report that use of the vibrator is not satisfying. However, make no mistake about it: once an orgasm is reached about the right time, use of a vibrator, more conventional penis-vagina intercourse usually a greater source of bringing about a satisfying climax. Vibrators shaped like dildos are available and are very effective.
- 3 Have frequent intercourse. You can even surpass the recommended dosage given by most marriage counselors of three or four times a week. In fact, a daily unit of intercourse might be the best thing at this time, skipping a day only now and then. Don't worry, you will not wear out, and practice makes perfect. The more you do it, the more contented she will become to the idea of mutual sexual pleasure.
- 4 Above all, introduce variety into your sex. The love bed should never become boring or routine. Ask your wife what she likes best, what does she like most. Where is she most sensitive to your caress? Experimentation in lovemaking can enhance your relationship. You may be amazed at the number of ways in which you can give or receive sexual pleasure. Be generous with your patience, your understanding and your body.

Q How long should intercourse take? How long should I take over foreplay before attempting intercourse?

A Sexual intercourse can take anything from a few seconds to several hours to complete. In this sexual relations usually last from fifteen to forty minutes. How long you take depends on your need, desire, attitude and fitness. Generally speaking, an overshort sex act results in a less-satisfying experience for the wife than the husband. Men can more easily climax in a minute or two than can women.

Foreplay should be continued until your woman is well aroused and moist. Her reaction is the best indication of your foreplay. Spend anything from fifteen minutes upwards at this stimulating. Do not make too much of many men and enter your woman too early. This takes a lot of pleasure from her. Inadequate foreplay at too often results in unsatisfactory intercourse.

As a result, the average size of the penis is not a reliable indicator of sexual health. In fact, the size of the penis is not related to sexual health or performance. The size of the penis is determined by genetics and hormones.

However, it is important to have a good understanding of the anatomy and physiology of the penis. If you are concerned about the size of your penis, there seems to be no real need for circumcision.

Q Will there soon be a birth control pill for men?

A Recently, a new birth control pill for men has been developed. It is called the "Morning After Pill" and it is a hormone-based pill that can be taken after sex to prevent pregnancy. It is not a birth control pill, but it is a new development in the field of birth control.

As yet, it is not clear if this pill will be widely available. It is a new development and it is not clear if it will be approved by the FDA. It is a new development and it is not clear if it will be approved by the FDA.

Q What is meant by the words "leilano" and "cunningus"?

A The word "leilano" is a Hawaiian word that means "good night" or "goodbye". The word "cunningus" is a Latin word that means "clever" or "crafty". These words are often used in a humorous or playful way.

Q I have been told that I have a venereal disease, yet I have never had sex with anyone. I am 19 years old and pride myself on my general fitness. Please help me.

A It is possible that you have a venereal disease. A venereal disease is a disease that is spread by sexual contact. It is possible that you have a venereal disease even if you have never had sex with anyone. It is possible that you have a venereal disease even if you have never had sex with anyone.

We thank you on sex. We hope these Questions and Answers have helped you.

TEETH CARE

There are a few things in this world more attractive than cleanliness. We talk about sex, and the same is true with the mouth.

Never underestimate the importance of oral hygiene. Whereas it is true that the mouth has its own built-in cleaning system, it nevertheless is a helping hand to make sure that your teeth keep spotless, shining and free from cavities. If you want your teeth as perfect as possible, then:

1. Clean them after every meal
2. Brush your gums regularly
3. Do not eat synthetic foods.
4. Do not eat candies, cookies, white flour products, gooey treats with white sugar, etc.
5. Eat an apple a day. Raw fruit and vegetables are the best foods for your teeth.
6. See your Dentist every eight months
7. Use a fluoride toothpaste
8. Use all teeth when chewing food. Don't favor one side of the mouth. Chewing is great for healthy teeth.

Consider, for example, Steve Reeves, who does not have a single cavity in his mouth, always uses baking soda to clean his teeth. Maybe he has something?





MR. EVERYTHING STEVE REEVES. THE FINEST EXAMPLE OF PHYSICAL PERFECTION IN THE WORLD TODAY



MR. BRITAIN FRANK RICHARDS HAS THE KIND OF PHYSIQUE THAT APPEALS TO THE LAYMAN. IN THIS PICTURE HE IS COMPLETELY RELAXED.

HERCULES II

(Apollo - Power - One)



lesson **7**

lesson **8**

LESSON SEVEN

We promise! So

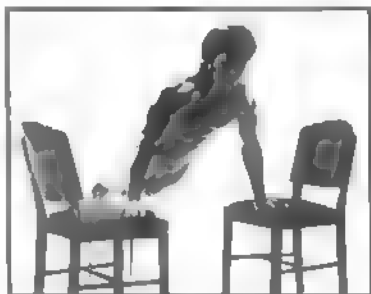
THE SECRET OF THE PUMPING ACTION! To get your muscles to pump, you need a brand new way to perform it! First your exercises, then we will explain the principle of how to pump your muscles to new growth.

EXERCISE ONE

Hercules Dip between Chairs

4 x 10

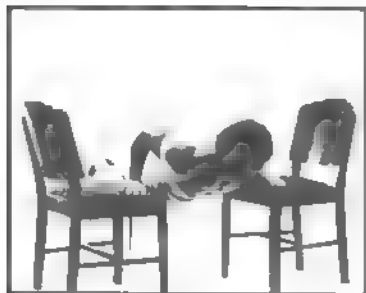
(chest, shoulders, arms)



1. The person is in a dip position between two chairs.

2. The person is in a dip position between two chairs.

3. The person is in a dip position between two chairs.



EXERCISE TWO

Reverse Chair Dips

4 x 12

Chest, arms, shoulders

Illustration (c)



- 1 Assume starting position as in illustration (c)
- 2 Commence the exercise by lowering into position (d), keeping your back and legs straight at all times.
- 3 Return quickly to original position and repeat until the desired number of reps have been completed.

Illustration (d)



EXERCISE THREE

Calf Raise

3 x 20

(lower legs)

- 1 Stand as illustrated in (e) placing the ball of your foot on a thick book or piece of wood
- 2 Hold onto a table or chair back for balance
- 3 Raise as high as you can by rising your heel on X
- 4 Lower until heel touches floor giving maximum stretch to the calf muscle. Raise and repeat



Illustration (e)

EXERCISE FOUR

Bouncing Squat

3 x 60

(Thighs and Hip Girdle)

- 1 Adopt the squat position shown in illustration (f) (Knees to be stretched out in front)
 - 2 Raise the body up and down approximately 8 inches. Do not come out of the squatting position completely. Just raise and lower about one inches - Up, down - up, down. Continue until thighs are thoroughly tired
- 3 x 60

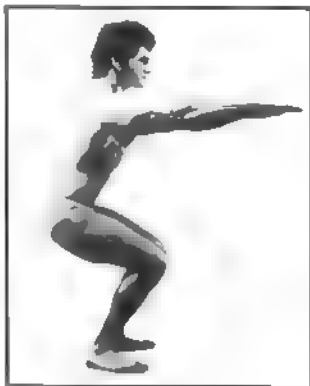
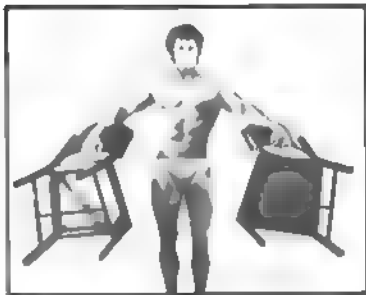


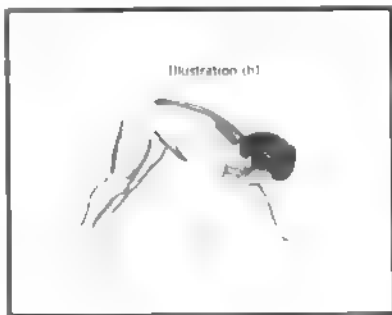
Illustration (f)

EXERCISE FIVE**Lateral Raise****3 x 10****(Shoulders, Traps and Neck)**

- 1 Using two chairs, stools or heavy books raise arms slowly to the position shown in the illustration (g)
- 2 The arms should be very slightly bent to take pressure off the elbow joint
- 3 Keep shoulders back and ensure that the chairs are lifted to the side and not forward to the front. Continue up and down until tired (3 x 10)

**EXERCISE SIX****Jackknife Floordips****3 x 15****(Shoulders, Arms, Chest)**

- 1 Move into the dipping position shown in illustration (h)
- 2 Move back to the upright position as you lift yourself until your hands are most directly in front of you by bending your arms only
- 3 Press up and repeat
- 4 Make sure arms lock out straight after each repetition. 3 x 15



EXERCISE SEVEN

Single Leg Broom Curl

3 x 35

(Arms)

1. Adopt a sitting position with a broomstick underneath one leg (illustration (ii)).
2. Grip the pole with both hands, palms up, wrists straight.
3. Next, while keeping the elbows tight into the sides, curl the bar, lifting your leg as high as you can while still remaining seated.
4. Continue the effort for 2 seconds, although you cannot raise the pole any higher. Lower and repeat. 3 x 35.



Illustration (ii)

EXERCISE EIGHT

Triceps Floor Dips

3 x 10

(Arms)

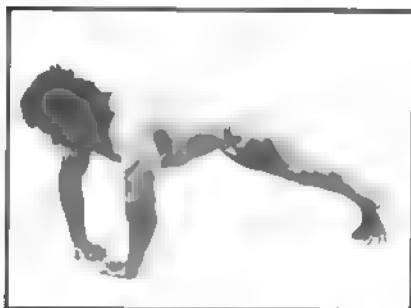


Illustration (iii)

The position from exercise may seem a little awkward. Hands must be facing one another. Fingers almost touching. (illus. J)

2. Lower body to the floor by bending arms and all but touching chest to the floor.
3. Keep in position throughout the exercise and allow elbows to touch floor each time you dip. Raise and repeat 3 x 10.

Try to imitate the exercises for this lesson. Note: There are no midsection exercises this week! This is because we want you to build up as much as possible during this particular lesson.

Now we have established the exercises for this week. We will give you the breakdown on exactly how you should use a fatiguing pumping system to make the most of your results.

It is a well known fact that a male has a greater tendency to grow from a large size than a female. The pumping system is simply a means of getting large quantities of blood to a particular area of the body. The higher carries musclebuilding you get to the pumped area and the less a moderate muscle growth.

Here's What You DO

Do one set of exercise. Then without any pause perform one set of exercise = 2. Rest for a short period and then perform a further set of = 3 followed quickly by another set of = 2. This is repeated until the full 4 sets of each exercise are completed. Your chest and arms will pump with extra blood. Likewise with exercise 3 and 4. You alternate between the two exercises with the minimum of rest so that the legs pump up tremendously.

Exercises for muscles for the shoulders are exercised in similar fashion as are movements = 7 and = 8. In the next chapter you will see each exercise and benefit from it fully.

Perform the exercises in order of sets and reps if possible. If you can manage to perform exercises without undue strain then by all means do so. Work hard!

BUILD YOUR BODY IN PROPORTION

Building a body is a lasting business. You as a bodybuilder can be likened to a stone is not a hammer and a nail. You are the stone and the hammer will you, so you need to build your body in proportion. You have to work with. Now is up to you to build a proportionate body which is a pleasing symmetrical physique. Don't make the mistake of overbuilding one body part at the expense of another. If you build one body part this may well happen. For example you may take a lot of time on your chest. Experts will suggest that you really enjoy doing the Push-up exercise between others. You are doing so much that you perform it for many sets then we recommend in fact you should have to make work on the triceps as you do on any other. What happens. You start seeing a disproportionally built body. It is as if you have a very good looking body but the chest is too big. The muscles are not in proportion and it is

make matters worse, no body may perform extra exercises, and may choose not to do it, just to get exercise in at all. It is better to do it, don't you think? This of course, just leads to the danger of your body becoming unbalanced.

THE WAY TO ENSURE THAT YOU BUILD YOUR BODY SYMMETRICALLY, TO THE AMOUNTS OF EXERCISE FOR EACH BODY PART.

or that you have it? Don't play favorites with your muscles. Exercise each and every muscle to the same extent. Don't do excessive work on any one body part at the expense of neglecting the rest.

As a general guide to development, one should aim to obtain an "ideal" proportion of all the major muscles. This is the Grecian ideal. They don't have it, but we can try to get close to it. It is more than an inclination. Modern day bodybuilders tend to build themselves with disproportionate muscles. The necks and jaws build up, usually out of proportion to the rest of the body, and this is a great concern. Then, arms develop, and they are usually out of proportion to the rest of the body. If you view a man as a whole, then the disproportionate appearance will become obvious.

One of the most proportionate physiques we have seen over the years is Mr. Universe Paul Wynter. He is five feet nine inches tall. He weighs just 188 pounds. Arms 17 inches, chest 47 inches, waist 31 inches, 24 inch calf. He is beautifully proportioned. There is no area of his body that has been overdeveloped. Neither is any part underdeveloped. We consider Paul Wynter to be the equal of Mr. Peckinpah, Steve Reeves. Judge for yourself. And we are proud to say that he did it with the help of HERCULES. Yes, he used these very principles to build his body.



PAUL WYNTER MR. UNIVERSE

The physical world has a profound impact on the mind. Not all realize the impact of the body on the mind.

Says a senior Kennedy Center Fellow, "We just do not see enough people taking care of their nerves. Nerves also carry messages from the muscles to the brain."

In other words, the body can teach the mind to relax.

As a person grows older, sensitivity to touch, temperature, taste, smell, sight, sound, and touch diminishes. You may not notice when your feet are cold or your hands are numb. What can you do?

Next time you are sitting in your chair, notice the weight of your feet on the floor. Notice the weight of your hands on your thighs. Notice the weight of your head on your neck.

Notice the weight of your arms on your sides. Notice the weight of your legs on your feet. Notice the weight of your head on your neck. Notice the weight of your arms on your sides. Notice the weight of your legs on your feet. Notice the weight of your head on your neck.

DEEP BREATHING

Every time you breathe, you are taking in fresh air and giving out stale air. Breathing at night is doing no deep breathing.

Why? Because you are not breathing deeply. You are not breathing deeply because you are not breathing deeply. You are not breathing deeply because you are not breathing deeply.

When you are sitting in your chair, notice the weight of your feet on the floor. Notice the weight of your hands on your thighs. Notice the weight of your head on your neck.

Notice the weight of your arms on your sides. Notice the weight of your legs on your feet. Notice the weight of your head on your neck. Notice the weight of your arms on your sides. Notice the weight of your legs on your feet. Notice the weight of your head on your neck.

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Try this one. Sit in your chair and notice the weight of your feet on the floor. Notice the weight of your hands on your thighs. Notice the weight of your head on your neck.

Notice the weight of your arms on your sides. Notice the weight of your legs on your feet. Notice the weight of your head on your neck. Notice the weight of your arms on your sides. Notice the weight of your legs on your feet. Notice the weight of your head on your neck.

A naturopath tells us that once a muscle has started relaxing, it is not interfered with. It goes on relaxing automatically. Relaxing therefore has more than a momentary value.

The effect is a pervasive and goes deeper than you might imagine. It loosens up the too tense muscles throughout the whole mechanism of the body. It renews lost energy and gives new poise and balance in spite of the distractions and worries of an exhausting day.

MIND CONTROL

2. The psychophysical way. Mental control should be combined with what has just been said about deeply relaxing through muscular control.

1. Script: "Be calm, relax." While you are trying to exercise bodily relaxation, you must also exercise mental relaxation. You must acquire at least some control of your mind.

BUT HOW? By deliberately filling your mind with thoughts that are the very opposite of the frightened, the despairing, the panicky.

Script: "Be calm, relax." Repeat a complete calm about in your attitude. Calm, but not swayed by it.

Calming thoughts. Calm, calm, calm. Face the anxieties with a steady, unshakable, heavy, quiet, yes, heavy, calm. Take your feet at times at the end of your tether. Calm, calm, calm.

It is calm, calm, calm. You are a far better able to cope with them. You are calm, calm, calm, calm, calm. And you will see what you have to work with, calm, calm, calm, calm, calm.

Calming, calm, calm, calm, calm, calm. It is calm, calm, calm, calm, calm, calm. The answer is two fold: impatience or fear.

First, let us consider impatience.

We all know the restless impatience. I worked a ways in a hurry trying to do everything at once. You are always in a hurry to do something. I say nothing of expending a great deal of nervous energy. It is useless. We must be calm, calm, calm. We need a new approach. Bill Hagan, the famous golfer, said in a television game concert life is a shot only the one you are playing. I have been pressed because never allow myself to think of what comes next. This helps my play besides enabling me to feel securely and relaxed.

There is wisdom in this. If you have a busy, distracting day ahead of you, when things can all too easily get out of control, don't allow yourself to be frustrated. Don't fret about "How am I ever to get through this day?" Calm down quietly and plan the day carefully. Take things one at a time, thinking of nothing but this one thing only and giving it your undivided attention. This will ease the tension and will leave you less fatigued at the end of the day besides making a far better job of everything.

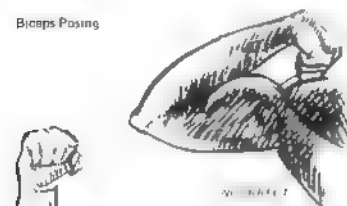
HINTS ON POSING

How to Pose Your Arms

The arm is probably the most impressive part of your body. You can't even begin to disagree with this, but it also plays a vital part in your pose, and it is the only part that no other body part has. But a well-developed arm will look twice as good if it is posed correctly.

100% 100%

Biceps Posing



100% 100%



INCORRECT



INCORRECT



CORRECT

EXERCISE NINE

Situps 3 x 15

Upper Stomach Muscles

1. Lie on your back, knees bent.

2. Arms extended overhead.

3. Commence to sit up as shown in illustration.

4. Lower slowly with rounded back in reverse.



ILLUSTRATION 9a

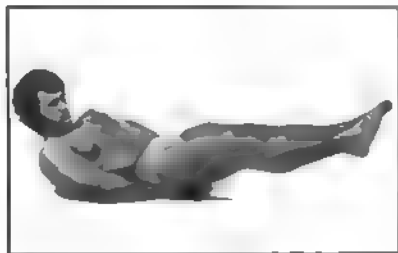


ILLUSTRATION 10a

EXERCISE TEN

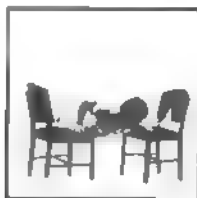
Leg Raises 3 x 15

Lower Stomach Muscles

1. Lie on your back, hands under your head.

2. Raise and lower legs together.

3. Do not allow feet to rest on the floor between repetitions. Raise, lower and repeat 3 x 15.



1 Hercules Dips between
Chairs - 4 x 10



2 Reverse Chair Dips
- 4 x 12



3 Calf Raise - 3 x 20



4 Boxing Squat - 3 x 60



5 Lateral Raise - 3 x 1



6 Jackknife Floor Dips
- 3 x 15



7 Single Leg Biceps Curl
- 3 x 35



8 Triceps Floor Dips
- 3 x 10



9 Situps - 3 x 15



10 Leg Raises - 3 x 15

FOR THE FIRST TIME
GIVE IT ALL YOURSELF

Hair On The Body

Bodybuilders usually shave the hair off their bodies (with a razor) just before a photo session or a bodybuilding contest. The muscles show up better when excessive hair is removed. If no razor is up to you, what do you shave with? Body hair is the mark of masculinity, giving you strength or masculinity.

Arms and Wrist Size

How big can you build your arm? The answer is a part dependant upon your wrist size. If you have large wrists, then you will experience bigger & very big arm. An average wrist of 7 inches will give you an arm about 2 times bigger than your wrist size. If you are experienced then you can expect to be 2.5 times bigger. If you are a beginner, you will be 1.5 times bigger. As a general rule, you should know what size of wrist you have before you go to your wrist measurement by 19.



HOW TO IMPROVE YOUR PERSONALITY AND SEX APPEAL

(Written for Hercules II by Gino Edwards N.D.D.)

What is Sex Appeal?

Sex appeal is a quality that is very well known and loved. As we progress in life, we will become more and more aware of our personality. The personality is enhanced and developed. Personality is a quality that is very well known and loved. Sex appeal is all about.

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Personality Test

- 1 Discrepancy: Represented who you think **straight** and **see** it being
- 2 Personal confidence: Believing in yourself and what you do
- 3 Enthusiasm: The ability to get yourself motivated and spur others on to greater efforts
- 4 Patience: Being able to wait for those harder things to come around at a time
- 5 Charisma: Being able to produce a relaxed and optimistic atmosphere in others
- 6 Wit: A strong sense of ready enjoyment and wit and wit
- 7 Vitality: Envy of work is the energy you look forward to the challenge of a few days
- 8 Confidence: A strong sense of who you are and what you are. Review it, a
- 9 Selfishness: A strong sense of who you are and what you are. Review it, a
- 10 Personal confidence: A strong sense of who you are and what you are. Review it, a
- 11 Aggressive: A strong sense of who you are and what you are. Review it, a
- 12 Confidence: A strong sense of who you are and what you are. Review it, a
- 13 Enthusiasm: A strong sense of who you are and what you are. Review it, a
- 14 Patience: A strong sense of who you are and what you are. Review it, a
- 15 Charisma: A strong sense of who you are and what you are. Review it, a
- 16 Wit: A strong sense of who you are and what you are. Review it, a
- 17 Vitality: A strong sense of who you are and what you are. Review it, a

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

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He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

opens the door to easier progress along the road

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

What Destroys Sex Appeal and Personality?

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

8 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book. You will find that you will find some other interesting sport.

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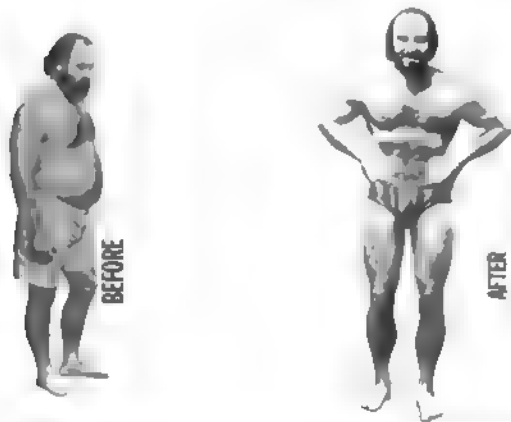
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17 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book. You will find that you will find some other interesting sport.

20 Be just like B. you will have a good time. Then you will become a good talker.

to make
On the four...
with...
and...
thing that will turn a woman off



We make a case for allowing you these rights before and after presentation. Here is Paul's story. We have put his story in a very good reason, so that a not over-weight person can take heart and be enthused by his example.

pt is reminding you of this man we found at the event is the the Heracles. I am am

Look at his BEFORE picture on the left. He was covered from head to foot in ugly fat and it's obvious weeks later. For a guy overweight and fat, he put off going on a diet until he was ready to give up. Now look at the AFTER picture on the right. A few short weeks and 67 lbs lighter he looks great. Wasn't he just what he just decided to do in his life? He's a real success story and he's looking great.

IT CAN BE DONE IT WORKED FOR HIM AND IT CAN WORK FOR YOU

If you are still overweight, stick to the Hercules II diet recommended. It really does work and here is just one puppi who has proved it.

Step Five

Smoke while you add this dose. Do not smoke for at least 24 hours after the day that you stop smoking day. You have to get up in your room on RFA, then a KEE, smoking it, but quietly and in your mind to stop next Tuesday or on a Tuesday or any other day. When you decide to quit, you have to build up as much momentum as possible.

Step Six

Tell all your friends and relatives that on such and such a day you will quit smoking. Make a big thing of it. That way you will be encouraged to start smoking on that day if you want to.

Step Seven

When the going gets difficult, think of the five reasons you quit as an exercise:

- (1) You preserve your health and lengthen your life
- (2) You are free of the dictatorship of cigarettes
- (3) You're able to do more things with less effort
- (4) You have more money to spend
- (5) Your senses become sharper, increasing your enjoyment of life

By giving up smoking you are making a present of many positive pleasures to yourself.

Your sight improves; you are not as tired as you thought. You can read a book more easily. Your heart beats just as fast as it used to. Food tastes good again. Kisses are fun and more agreeable. Your body is strong. Your sense of touch is heightened, improving your coordination. You have a keen sense of taste. Your skin looks fresh again. In short, life is fun.

Step Eight

Some don't,

- (a) Don't take drugs. They are a big temptation if you're a
- (b) Don't substitute a pipe for cigarettes.
- (c) Don't try to live off your stock of this people's cigarettes.
- (d) Don't let that your stomach is empty expect that to make it any worse than it is.
- (e) Don't let that you're a little bit of a quitter. It makes them more important.

Step Nine

Once you have decided which day is Stop Day, visualize yourself for any conditions that may arise. Be prepared to decline offers in any situation.

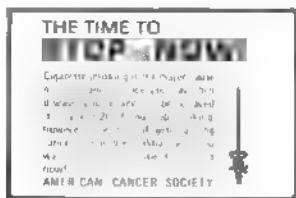
Review of Steps

1. Get serious
2. Pick a time to quit on a weekday prior to the time you are going to stop smoking
3. Give yourself only a 5-day "grace" time to quit. Stop consistently every day for
4. Say "I choose not to smoke!"
5. Build up a real desire to stop – don't quit yet!
6. Tell your friends that you will stop on a certain day
7. Consider the five freedoms you gain.
8. Bear in mind the important "Don'ts"
9. Prepare yourself for the "Stop Day"
10. Don't celebrate with even a puff of a cigarette
11. Find a partner to quit with
12. Write down your reasons for quitting
13. Smoke heavily on the eve of "Stop Day"
14. "Stop Day" – destroy all smoking equipment
15. No exceptions.
16. Don't give in
17. Gone forever. Congratulations!
18. Your main reason – cancer

Burger's Disease

This disease exclusively knows to smokers. Look at the record. Of 1000 tested cases, every single one was from New York. Mt. Sinai Hospital checked 1400 cases in 14 years. 400 were smokers. The disease occurs in the excretory tract, that is the human toilet. Patient find that the toilet paper is not fitting. When the stool is not checked at the toilet, you get sets, and messes in and out from the toilet. The disease was named after Burger because the resolution is greatly reduced, or even stops altogether. Luckily it's not a common disease.

You have decided that you are going to give up smoking some time soon. Giving up smoking will open an exciting new world of freedom to you.



Bear in Mind

- Smoking can cause ulcers.
- Smoking can cause heart disease
- Smoking can kill in circulatory diseases
- Smoking creates over acid condition in stomachs.
- Smoking damages your digestive system
- Smoking injures the liver
- Smoking causes respiratory ailments
- Smoking injures tubercular patients.
- Smoking causes additional problems for diabetics
- Smoking aggravates an overactive thyroid gland
- Smoking cuts down your endurance
- Smoking can cause blindness
- Smoking spoils co-ordination
- Smoking creates nervous tension
- Smoking contributes to certain types of deafness
- Smoking spoils the complexion and causes skin ailments
- Smoking stupefies the brain.
- Smoking causes an earlier death
- Smoking can cause hardening of the arteries
- Smoking causes lung cancer, mouth and throat cancer
- Smoking causes Buerger's Disease



HERCULES II

(Apollo - Power - One)



lesson **9**

lesson **10**

LESSON NINE

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EXERCISE ELEVEN

Bent Over Leg Raise to Rear

(Lower Back, Hips)

3 x 18

1. Adopt position as shown in illustration
a) resting on chair or table top
2. Raise left leg to rear as high as possible
keeping body still
3. Raise right leg in similar fashion 18 reps

© 1997 M.H.

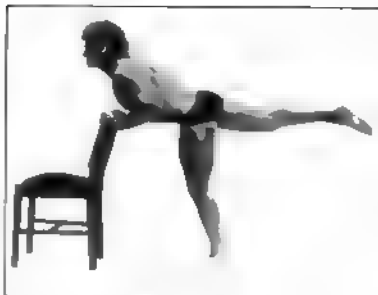


FIG. (4)

The last two lessons have advised that you perform your exercises in pairs following the HERCULES burning system. You are to still continue this alternating technique as laid out in Lesson 7.

THE next exercise is Bent Over Leg Raise to Rear. This exercise is to be performed at the end of the schedule.

As you can see, the Bent Over Leg Raise to Rear is a very simple exercise. It is a very effective exercise for the lower back and hips.

As you can see, while following lesson nine you may like to try this variation of the milk diet mentioned in the previous lesson #8.

Breakfast

Cereal or fruit

One glass of milk

Mid Morning

Milk or fruit

Two glasses of milk

Lunch

Sandwich, fish, meat or cheese

Two glasses of milk

Mid-Afternoon

Cereal or fruit

Two glasses of milk

Supper

Cereal or fruit

Glass of milk

Before Retiring

Sandwich

Glass of milk

Figure 1

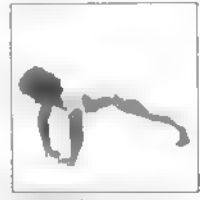
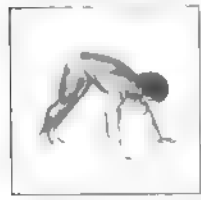


Figure 2

Figure 3

HOW TO POSE YOUR BODY

There are many different reasons for posing the body:

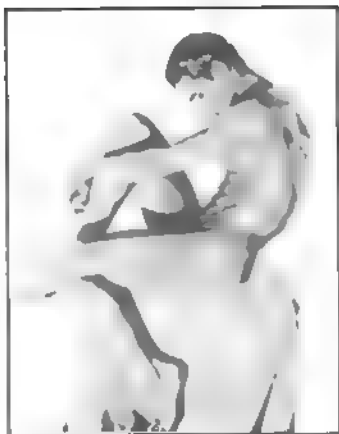
- 1 To display good body development and top proportion
- 2 To display grace and beauty of physical line
- 3 To show utmost physical development in the form of huge muscles with a bit sharp
- 4 To show tremendous awe inspiring power

Each of the above styles is quite different and no one man could pose successfully to show them all. Just as a cataloger of the same line. What is it you want to show with your pose?

Picture Number One shows the type of pose that is used by bodybuilders who have good muscle size (though not enormous) and who like to display the fact that they have balanced out their training and developed a proportionate physique. This is usually the most sought after type of build. The photograph is, of course, none other than Mr. Everything Steve Reeves. He is generally considered to be the World's most perfectly developed

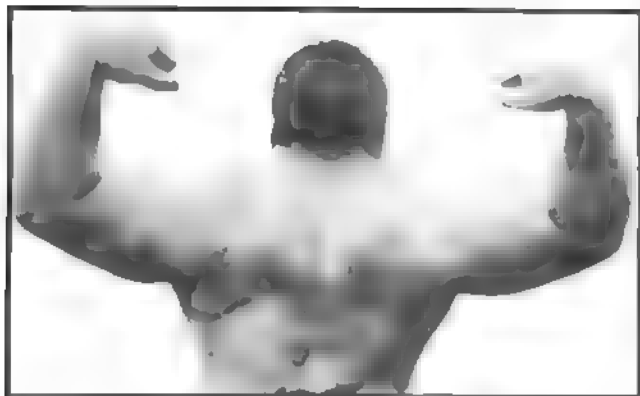


Our next model is **Tony Sansone**. This picture displays the grace and beauty of the male physique. There is no attempt to show huge bulging muscles. The idea behind this type of pose is to show how one does not need 20-inch arms to make an interesting study. Few modern day bodybuilders could look impressive in this pose.



Ultimate physical development is shown in this 'most muscular' pose by **Harold Poole**. This is the most controversial type of posing. When a bodybuilder seeks to 'pop out' his muscles in this way, the layman tends to wince and may even feel nauseated. On the other hand, this is exactly the kind of pose that wins physique contests and money prizes for men who are willing to put in the time and effort. Harold Poole knows all about how to impress physique judges. He has won his fair share of contests, including Mr. World.





The man who wants to show tremendous power is not interested in looking pretty. He has nothing to eye
 show. He has only the bare bones of a man. He is not a bodybuilder. He is not a
 how good he looks.

Get the idea? The power of the man is not in his muscles. It is in his mind. It is in his
 Anderson is the only one who can do this. He is the only one who can do this.

To be a bodybuilder, you must have a strong mind and a strong body. You must be able to
 posing. Study them carefully. Practice regularly and, pretty soon you will get the idea of how to display your
 your muscles. You will be a bodybuilder. A bodybuilder is a man who is strong and healthy. A bodybuilder is a man
 affecting his pose. The arms are the most important part of the body. The arms are the most important part of the body.
 far as first. You will be a bodybuilder. You will be a bodybuilder. You will be a bodybuilder. You will be a bodybuilder.
 your physical. You will be a bodybuilder. You will be a bodybuilder. You will be a bodybuilder. You will be a bodybuilder.

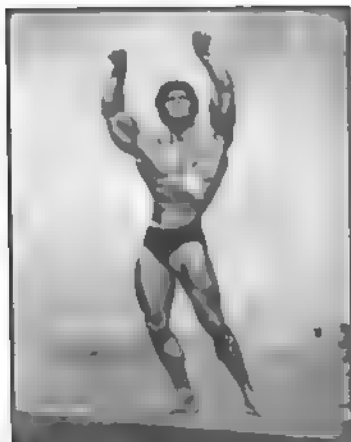
Steve Reeves

1926 - 1992

1926 - 1992

1926 - 1992

1926 - 1992



Don Haworth

1926 - 1992

1926 - 1992

1926 - 1992

1926 - 1992

1926 - 1992

LESSON TEN

A New Schedule this Week

Follow the exercises in the order we have indicated. Do three sets of each exercise. Then repeat the entire set of exercises from then on. Take a minimum of 30 seconds between sets. The more you repeat the exercises, the more you will benefit.

This schedule is designed to be followed for a period of 10 days. After 10 days, you should move on to the next mover.

EXERCISE ONE

Lateral Raise

'Outer edge of the shoulder

Stand about 12" from a wall as shown in the

Keeping body upright and while maintaining

and

and

Repeat for ten sets work both arms

Hold for from five to ten seconds each rep



Figure 11

EXERCISE TWO

Lag Raise Dips

(Entire Upper Body)

Adopt the position shown in Illustration (2a). Slowly bend the arms to allow your head to touch the floor as illustrated in (2b). Push up and return to original position. Repeat for 8–12 repetitions.

Warning Make sure that you do not lower your torso too quickly. You might hit your head with a thump.



illus. 2a)



illus. 2b)



illus. 3)

EXERCISE THREE

Hercules II "Knees Out" Squat

(Thighs, hips, calves)

Hands on hips. Heels together, toes pointed outwards. Lower into a squatting position until your thighs are parallel to the floor. Raise and repeat.

Important

You must make a determined effort to lean backwards during this exercise, yet at the same time keeping the hips forward. This is an excellent exercise for not only building and defining the thighs but it will also help to firm up and trim the hips.

EXERCISE FOUR

Reverse Chair Dips

(Upper body and arms)

You have done this one before. Adopt the stance as shown in illustration (4). Now lower your body as deeply as you can by bending the arms. Push up and lock elbows. Lower and repeat. 12-15 repetitions.



illus. 4

EXERCISE FIVE

Calf Raise

(Lower leg)

Stand as in illustration (5). Raise your heels as high as you can and lower (repeat this heel raising movement quickly for up to fifty repetitions). Remember to lift the heels as high as possible to obtain maximum height. Stretch arms out in front to help balance. You may hold onto the back of a chair if you wish.



illus 5)

EXERCISE SIX

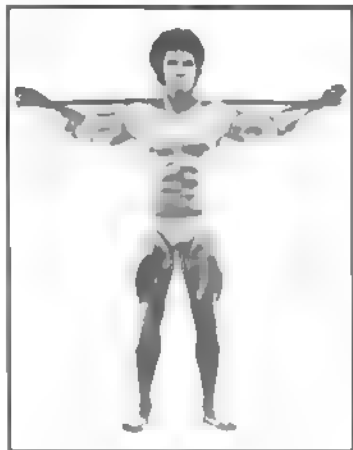
Hercules Midsection Twists

(Abdominals)

Place a foot on a stool or box (illustration 6) and pull the muscles up the front of the torso. The broadened shoulders should be used to maintain position and help get added twist during the exercise.

While maintaining this standing position:

1. Turn your head and torso to the right, pointing directly in front of you. You will feel a pull on the left side of the body. When this happens your left arm will be facing directly backwards. Now twist back again until the left arm is pointing forwards and the right arm is pointing back. Try to keep upper facing forwards throughout the entire exercise.



illus 6)

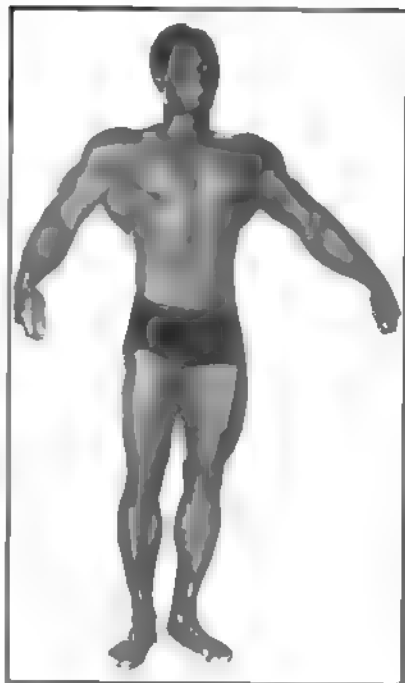
Continue for 50-100 repetitions.

This is a photograph of fabulous Paul Wynter.
He is a Mr. Universe winner. There is no doubt

he has the best physique in the world. His muscles were the
best to greatness by this very course you are
pursuing.

Paul Wynter's advice to any normal male who
wants to shape up fast. Whether you are cur-
rently fat or thin, young or not so young, fol-
lowing the principles of the Hierarchy of course
will help you achieve your goals more
efficiently.

Whether you want to gain or lose weight, sug-
gestions for how to do it are given in the book
to help your progress. Then you may be sur-
prised to find out how easy it is to



CAN YOU INCREASE YOUR POSTURAL STANDING HEIGHT?

Of course you can! In this case these days. Many people wonder what is the permanent state of height on a minute. The answer we give to any such question is **NO**. If you are suffering from less than perfect posture you can certainly stand a bit improvement is possible. The answer we give to any short and poorly postured man is **YES**. If you are suffering from less than perfect posture you can certainly **STAND TALLER** just by learning to stand at your full height potential with perfect posture.

This diagram shows how you can do virtually everything possible in bringing you to your ultimate height potential. It is a series of ten series, which **AFTER** your regular **TECHNIQUES** of bodybuilding movements.

Now take a look at your spine for a moment. How is it? As you look from the side you will see that it is curved. This is a forward bend of the neck, a forward bend of the shoulders, a forward bend of the waist, and a forward bend of the hips. These spinal curves bend you into a "C" shape. This is the first of the four steps in bringing you to your full height potential. Now as we know the weight is heavy on the back, you will find that the weight is not on the back, but on the front of each body segment. This is the second of the four steps. They were original and deeper than necessary.

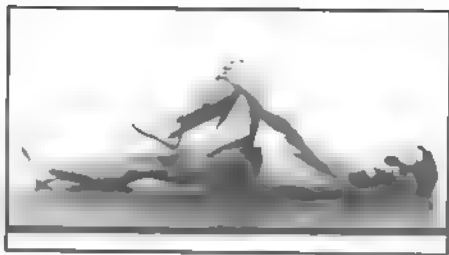


Now as you look at the spine, you will see that it is curved. This is the first of the four steps in bringing you to your full height potential. Now as we know the weight is heavy on the back, you will find that the weight is not on the back, but on the front of each body segment. This is the second of the four steps. They were original and deeper than necessary.

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We should also note that the U.S. Postal Department in Washington has used that very same technique to increase the height of its mail carriers. It is not a permanent increase. Accordingly, we will advertise as we will increase your height greatly. We simply offer a series of movements to correct posture.



Movement No. 1

Lumbar Exercises

Repeat with left leg, then with both legs at once. Concentrate on keeping lower back flat on floor with

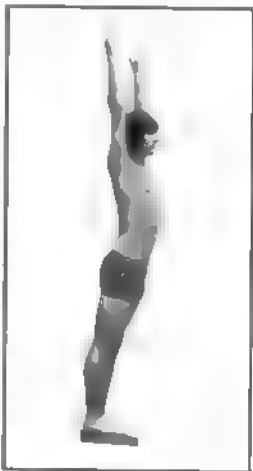
Continue this exercise until comfortably tired. About a 10-minute workout should be sufficient. 8 11

the spine, also slightly, the abdominal muscles.

Movement No. 2

A Simple Movement

physical stance of many individuals. Another practice that contributes to the development of a good posture is the use of the diaphragm. A further reason which contributes to giving you added strength and stability is the use of the pelvic floor muscles. This exercise loosens the entire spine and shoulders.



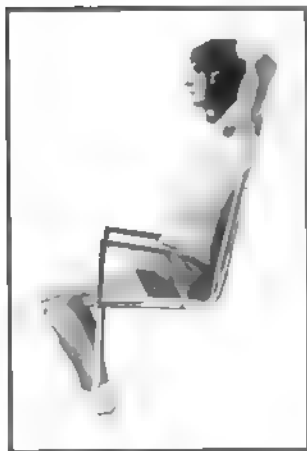
Movement No. 3

Toe Touching

Per arm as illustrated from 10-30 reps. The

exercise helps stretch the muscles of the lower back and hamstrings. As you loosen up, really let it out this exercise. You will find that the part at the top of the back of your thighs will be tight at first. In time, these may lengthen and you will feel better.

This exercise is performed by standing with feet together and arms straight out to the sides. Bend forward at the hips, keeping the back straight, and reach the hands down to the toes.



Movement No. 4

Cervical Exercise

Clasp hands behind head, elbows perpendicular to nose. Lower chin and slowly push head forward. Repeat this movement ten times or until comfortably fatigued.

This exercise is performed by sitting or standing with the back straight and the head, neck and shoulders relaxed. The hands are clasped behind the head, with the elbows pointing outwards. The chin is lowered and the head is pushed forward slowly.

Movement No. 5
Alternate Toe Touching

Bend smartly forward and touch left toe with right hand. Return to upright position and touch right toe with left hand. Repeat 10-30 times depending on condition.

Move the spine, also slightly, the external
of the abdomen, muscles, ham string tendons and shoulder girdle region.



Movement No. 6
The Pelvic Tilt

Lie on the back with knees bent and feet close to the trunk. Place hands flat on the floor on either side of the knees. Tilt the pelvis for a slow count of ten. Repeat.

Help in moving the pelvis up to a vertical position and down.



Movement No. 7

Bar Hanging

Hang from a chinning Bar (or door ledge). Place a cushion on the top of a sturdy table (or fine furniture) and simply hang for as long as you can reasonably hold on. This is a tough exercise, but an although a useful addition for any posture re-exercise program, it is not the most comfortable stretch. Many people manage to find a pipe or a beam in the gymnasium or school that they can use for a few minutes each day. In fact, working on hanging, a few minutes a day is

Stretches entire upper body



Movement No. 8

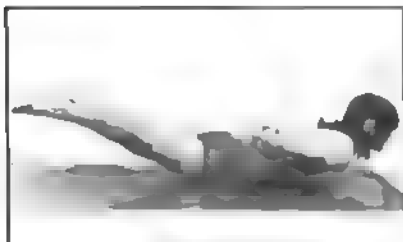
Dorsal Raise

Lie on your stomach with your forehead touching the floor. Clasp hands behind your back as illustrated. Raise head, neck and chest

1. Lie on your stomach with your forehead touching the floor. Clasp hands behind your back as illustrated. Raise head, neck and chest

Strengthens lumbar region and acts toward

relieving back pain caused by injury



Movement No 9

Head Roll no

5. Let $f: \mathbb{R}^n \rightarrow \mathbb{R}^m$ be a function. Suppose that f is continuous at $a \in \mathbb{R}^n$. Let U be an open set in \mathbb{R}^n containing a . Show that $f(U)$ is a neighborhood of $f(a)$.

$F = \frac{1}{2} \left(\frac{\partial \phi}{\partial x} + \frac{\partial \psi}{\partial y} \right)^2 + \frac{1}{2} \left(\frac{\partial \phi}{\partial y} - \frac{\partial \psi}{\partial x} \right)^2$

increase to ten each way. Roll back. Do not

This mobilises the Cervical. Version 4.0

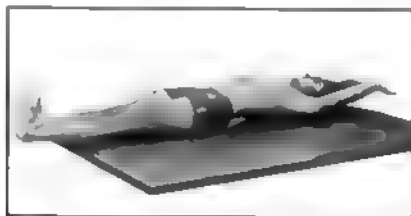


Movement No. 10

Lying Foot and Head Stare

COVER THE FLOOR WITH A SLICK POLYETHYLENE SHEET OR PLASTIC. BE CAREFUL TO COVER THE ENTIRE FLOOR AREA, INCLUDING THE AREA AROUND THE EQUIPMENT. IF THE FLOOR IS NOT COVERED, THE EQUIPMENT MAY BE DAMAGED BY OIL OR GREASE. IF THE FLOOR IS COVERED, THE EQUIPMENT MAY BE DAMAGED BY THE SHEET OR PLASTIC. IF THE EQUIPMENT IS DAMAGED, THE WARRANTY WILL BE VOID.

T. H. M. 156. 1915. 1916. 1917. 1918. 1919. 1920. 1921. 1922. 1923. 1924. 1925. 1926. 1927. 1928. 1929. 1930. 1931. 1932. 1933. 1934. 1935. 1936. 1937. 1938. 1939. 1940. 1941. 1942. 1943. 1944. 1945. 1946. 1947. 1948. 1949. 1950. 1951. 1952. 1953. 1954. 1955. 1956. 1957. 1958. 1959. 1960. 1961. 1962. 1963. 1964. 1965. 1966. 1967. 1968. 1969. 1970. 1971. 1972. 1973. 1974. 1975. 1976. 1977. 1978. 1979. 1980. 1981. 1982. 1983. 1984. 1985. 1986. 1987. 1988. 1989. 1990. 1991. 1992. 1993. 1994. 1995. 1996. 1997. 1998. 1999. 2000. 2001. 2002. 2003. 2004. 2005. 2006. 2007. 2008. 2009. 2010. 2011. 2012. 2013. 2014. 2015. 2016. 2017. 2018. 2019. 2020. 2021. 2022. 2023. 2024. 2025. 2026. 2027. 2028. 2029. 2030. 2031. 2032. 2033. 2034. 2035. 2036. 2037. 2038. 2039. 2040. 2041. 2042. 2043. 2044. 2045. 2046. 2047. 2048. 2049. 2050. 2051. 2052. 2053. 2054. 2055. 2056. 2057. 2058. 2059. 2060. 2061. 2062. 2063. 2064. 2065. 2066. 2067. 2068. 2069. 2070. 2071. 2072. 2073. 2074. 2075. 2076. 2077. 2078. 2079. 2080. 2081. 2082. 2083. 2084. 2085. 2086. 2087. 2088. 2089. 2090. 2091. 2092. 2093. 2094. 2095. 2096. 2097. 2098. 2099. 2100. 2101. 2102. 2103. 2104. 2105. 2106. 2107. 2108. 2109. 2110. 2111. 2112. 2113. 2114. 2115. 2116. 2117. 2118. 2119. 2120. 2121. 2122. 2123. 2124. 2125. 2126. 2127. 2128. 2129. 2130. 2131. 2132. 2133. 2134. 2135. 2136. 2137. 2138. 2139. 2140. 2141. 2142. 2143. 2144. 2145. 2146. 2147. 2148. 2149. 2150. 2151. 2152. 2153. 2154. 2155. 2156. 2157. 2158. 2159. 2160. 2161. 2162. 2163. 2164. 2165. 2166. 2167. 2168. 2169. 2170. 2171. 2172. 2173. 2174. 2175. 2176. 2177. 2178. 2179. 2180. 2181. 2182. 2183. 2184. 2185. 2186. 2187. 2188. 2189. 2190. 2191. 2192. 2193. 2194. 2195. 2196. 2197. 2198. 2199. 2200. 2201. 2202. 2203. 2204. 2205. 2206. 2207. 2208. 2209. 2210. 2211. 2212. 2213. 2214. 2215. 2216. 2217. 2218. 2219. 2220. 2221. 2222. 2223. 2224. 2225. 2226. 2227. 2228. 2229. 2230. 2231. 2232. 2233. 2234. 2235. 2236. 2237. 2238. 2239. 2240. 2241. 2242. 2243. 2244. 2245. 2246. 2247. 2248. 2249. 2250. 2251. 2252. 2253. 2254. 2255. 2256. 2257. 2258. 2259. 2260. 2261. 2262. 2263. 2264. 2265. 2266. 2267. 2268. 2269. 2270. 2271. 2272. 2273. 2274. 2275. 2276. 2277. 2278. 2279. 2280. 2281. 2282. 2283. 2284. 2285. 2286. 2287. 2288. 2289. 2290. 2291. 2292. 2293. 2294. 2295. 2296. 2297. 2298. 2299. 2300. 2301. 2302. 2303. 2304. 2305. 2306. 2307. 2308. 2309. 2310. 2311. 2312. 2313. 2314. 2315. 2316. 2317. 2318. 2319. 2320. 2321. 2322. 2323. 2324. 2325. 2326. 2327. 2328. 2329. 2330. 2331. 2332. 2333. 2334. 2335. 2336. 2337. 2338. 2339. 2340. 2341. 2342. 2343. 2344. 2345. 2346. 2347. 2348. 2349. 2350. 2351. 2352. 2353. 2354. 2355. 2356. 2357. 2358. 2359. 2360. 2361. 2362. 2363. 2364. 2365. 2366. 2367. 2368. 2369. 2370. 2371. 2372. 2373. 2374. 2375. 2376. 2377. 2378. 2379. 2380. 2381. 2382. 2383. 2384. 2385. 2386. 2387. 2388. 2389. 2390. 2391. 2392. 2393. 2394. 2395. 2396. 2397. 2398. 2399. 2400. 2401. 2402. 2403. 2404. 2405. 2406. 2407. 2408. 2409. 2410. 2411. 2412. 2413. 2414. 2415. 2416. 2417. 2418. 2419. 2420. 2421. 2422. 2423. 2424. 2425. 2426. 2427. 2428. 2429. 2430. 2431. 2432. 2433. 2434. 2435. 2436. 2437. 2438. 2439. 2440. 2441. 2442. 2443. 2444. 2445. 2446. 2447. 2448. 2449. 2450. 2451. 2452. 2453. 2454. 2455. 2456. 2457. 2458. 2459. 2460. 2461. 2462. 2463. 2464. 2465. 2466. 2467. 2468. 2469. 2470. 2471. 2472. 2473. 2474. 2475. 2476. 2477. 2478. 2479. 2480. 2481. 2482. 2483. 2484. 2485. 2486. 2487. 2488. 2489. 2490. 2491. 2492. 2493. 2494. 2495. 2496. 2497. 2498. 2499. 2500. 2501. 2502. 2503. 2504. 2505. 2506. 2507. 2508. 2509. 2510. 2511. 2512. 2513. 2514. 2515. 2516. 2517. 2518. 2519. 2520. 2521. 2522. 2523. 2524. 2525. 2526. 2527. 2528. 2529. 2530. 2531. 2532. 2533. 2534. 2535. 2536. 2537. 2538. 2539. 2540. 2541. 2542. 2543. 2544. 2545. 2546. 2547. 2548. 2549. 2550. 2551. 2552. 2553. 2554. 2555. 2556. 2557. 2558. 2559. 2560. 2561. 2562. 2563. 2564. 2565. 2566. 2567. 2568. 2569. 2570. 2571. 2572. 2573. 2574. 2575. 2576. 2577. 2578. 2579. 2580. 2581. 2582. 2583. 2584. 2585. 2586. 2587. 2588. 2589. 2590. 2591. 2592. 2593. 2594. 259





MORE HINTS ON HEIGHT

There are other aspects apart from special movements that you should pay attention to if you wish to reach your full postural potential.

We will now spend a little time discussing some of these aspects in greater detail. This will take the form of a general HEIGHT PLAN, which we advise you to read carefully and follow.

Remember that it is worthwhile comes easy. If your present stature is less than ideal, if you wish to gain on this course of instruction, you are bound to get fair results in improved posture.

Of course, this does not mean that you should use height-increasing appliances. Some of the Burmese women of the Paduang tribe wear brass rings around their necks to induce the stretching of the vertebrae. It is not a bad habit, but it is not a good idea to do this for artificial reasons. It is not a good idea to do this about artificially.

This age-old custom, which is still practiced in the day of Burma, is a very interesting feature of the Burmese culture. Any Burmese woman who wears these rings will gain an average of 15-20 inches in height. In fact, if the entire spinal area were lengthened in the same proportion as their necks, these Paduang women would actually increase their overall height by 3 ft. or more! Some of them would be almost 9 ft. tall. Of course, the Burmese method, this posture program is designed to



means whatsoever. We bring the matter of the Paduang women to your attention only to illustrate that the vertebrae can be stretched and lengthened.

Overall improvement in any poorly statured man or woman

Of course, if nerves are not only recognized by a doctor as being diseased, but they are also found to be diseased, health and physical well-being

HEIGHT AND HORMONES

About Drugs

[illegible][illegible]

if you're just a few inches below average height, you may well be normal physically, but there might be some lack of growth hormone - due perhaps to a minor pituitary deficiency.

If you continue to have problems, you should refer yourself to a specialist known as a rheumatologist. They are the best people to treat your arthritis. Your family doctor can refer you to such a specialist.

$\frac{d}{dt} \left(\frac{1}{2} m v^2 + U(r) \right) = -\nabla U(r) \cdot \mathbf{v}$

Hought and Hareidity'

514 The idea of a "bright" star has to be understood in relation to the "bright" star. A bright star

parents often do have short offspring. One may be the result of some factor or even temperament which both bear little or no relation to the inheritance of traits or characteristics concerned with height. So, even a normal child at birth consequently thought height is certainly transmissible to some extent. It is also possible for short parents to have tall offspring. Accordingly, since the average person's ancestry is of the "average" type of heights and sizes (and of course there is no way of telling which traits of parents will become dominant) in a particular conception it can be readily understood that children may grow to almost any size without invalidating heredity as a factor in stature.

May the smart parent be assured and guaranteed that you yourself will necessarily be smart? But then you are smart when you succeed in acquiring more upright with better posture than I always make the effort to be smart. All the things that may inhibit growth and conversely do all the things that favor the development of the hereditary tendency he may possess to stand upright.

Accordingly, one need not feel (dismal) to take a shortness and wait stance in regard to the current relative of a highly saturated. Yet, ancestry may help in understanding how a high level of saturation at current working age that you can act positively towards improving your current position. It is less an authority than Dr. F. H. Buss, the noted American and expert on the subject of marriage, who is definitely not the prime factor for women's stature by 1 that such things as first behaviour and even hormones play a more important parts. The program is based on the young to have perfect posture a farment can be influenced positively by taking positive steps towards reaching that goal.

Your Thyroid Gland

[illegible]

ment

Assuming that you are poorly postured at this moment then you at least know at a by or owing to the fact that you are not exercising that you are not. Assuming you are a normal person we feel we can help you 100% if you should have a very organic problem or anything physically wrong with you we always go to consult you physician and get his okay before you start this plan.

As you will notice, our plan consists of steps which you should take to contribute your improvement to the nation in increasing your posture. Pay attention to each and every recommendation in and yet, be certain that you will be doing virtually everything in your power to increase stature and perfect your posture.

STEP ONE

Food and Height

[illegible][illegible][illegible][illegible]

A person concerned with iron and growth should pay particular attention to eating plenty of dark green leafy vegetables. Should you be lacking energy, then make a habit of eating plenty of eggs, liver, spinach and the green vegetables. If you have been nursing a child, then you should consult your doctor if you would like to know whether or not your body has become iron starved or iron

After this time, if you are still not feeling better, you should see your doctor. If you are still not feeling better after 1 month following this plan.

STEP THREE

Real Posture

Posture is the way you hold your body. It is the way you stand, sit, and move. It is the way you hold your head, neck, and shoulders. It is the way you hold your hips, knees, and ankles. It is the way you hold your feet. It is the way you hold your arms and hands. It is the way you hold your legs and feet. It is the way you hold your body.

It is the way you hold your body. It is the way you hold your head, neck, and shoulders. It is the way you hold your hips, knees, and ankles. It is the way you hold your feet. It is the way you hold your arms and hands. It is the way you hold your legs and feet. It is the way you hold your body.

STEP FOUR

Smoking and Your Height

It is the way you hold your body. It is the way you hold your head, neck, and shoulders. It is the way you hold your hips, knees, and ankles. It is the way you hold your feet. It is the way you hold your arms and hands. It is the way you hold your legs and feet. It is the way you hold your body.

It is the way you hold your body. It is the way you hold your head, neck, and shoulders. It is the way you hold your hips, knees, and ankles. It is the way you hold your feet. It is the way you hold your arms and hands. It is the way you hold your legs and feet. It is the way you hold your body.

It is the way you hold your body. It is the way you hold your head, neck, and shoulders. It is the way you hold your hips, knees, and ankles. It is the way you hold your feet. It is the way you hold your arms and hands. It is the way you hold your legs and feet. It is the way you hold your body.



*STEVE REEVES SHOWS THE KIND OF SUPERB PHYSIQUE THAT IS
BUILT FROM DEDICATION TO REGULAR SCIENTIFIC TRAINING*

HERCULES II

(Apollo - Power - One)



lesson **11**

lesson **12**

Curt Haywood won his division of the Mr. World contest in Columbus, Ohio. His physique is the result of a sound training, the Non apparatus (Hercules I) weight lifting, gymnastics, strongman and jumping and running.

Curt says that he practiced the HERCULES I principles to aid his muscular development in the Navy.

What a physique



How to Get a Better Tan

A good tan is very important with a suntan. He said the perfect suntan is the result of a

good suntan. The perfect suntan is the result of a good suntan. The perfect suntan is the result of a good suntan.

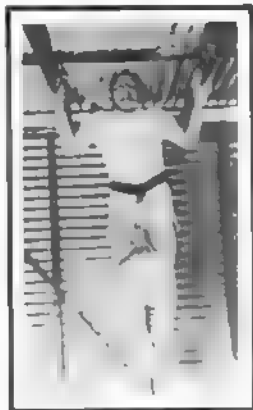
1. Don't expect to get a good suntan in a short time. It takes a long time to get a good suntan. Don't expect to get a good suntan in a short time.
2. Don't expect to get a good suntan in a short time. It takes a long time to get a good suntan. Don't expect to get a good suntan in a short time.
3. As a bodybuilder you should take care to get the perfect suntan. The perfect suntan is the result of a good suntan.
4. Sun creams will not help you tan faster. They may slow down the process. The perfect suntan is the result of a good suntan.
5. You cannot get a natural tan through glass. The perfect suntan is the result of a good suntan.
6. Don't squint when you are sunbathing. The perfect suntan is the result of a good suntan.
7. Don't expect to get a good suntan in a short time. It takes a long time to get a good suntan. Don't expect to get a good suntan in a short time.



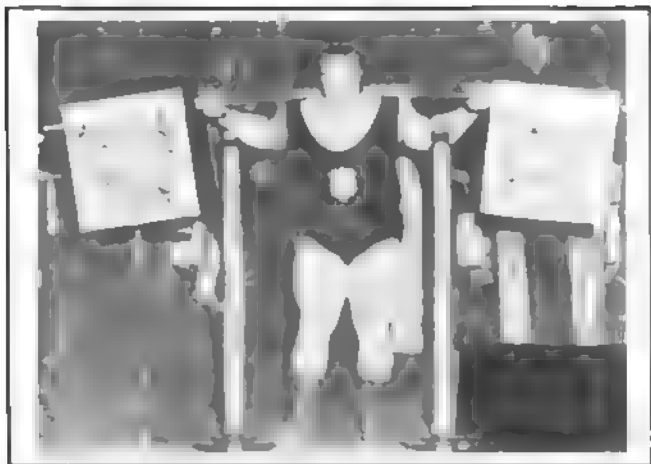
George F. Rowett on first hand shoes



Mr. Phyllis on first hand shoes



Mr. Phyllis on first hand shoes



Paula is holding an iron string with 550lb. 10 weights by 100 lbs.



Paula is lifting 500 lbs. of 100 lbs.



Paula is lifting 500 lbs. of 100 lbs.



*Vinie Gironda at the age of 50 looks a better shape than most fellows half his age.
That is what regular exercise can do for you.*

Water and Your Body

Before we enter this session, we should like you to recognize the tremendously important value of it in drinking water.

It is a good idea to get involved in the regular drinking of pure water, as much as 8 glasses a day. Water is the universal solvent. It helps to flush out the impurities of the body, washing the waste from the stomach and ultimately cleansing the kidneys.

Do not drink excessively at meal times. An occasional sip at this time is enough. Always avoid quenching thirst with water, especially when hot. Sip it slowly, mixing it with the saliva of the mouth. Also, do not drink ice-cold water. It can shock the stomach and cause havoc with your digestive process. Always have a glass of pure water handy on your desk at work, etc. It can do you nothing but good.

Be prepared for Lesson No. 12. It is tough. Also we show you how to perform impressive strength feats of your own. So train hard and C-O-N-C-E-N-T-R-A-T-E!

LESSON TWELVE

This is your final schedule of Hercules II exercises. If there is one thing above all others that we would recommend to you as a successful muscleman and possible future physique star, it is that you train regularly. Have you trained regularly? Did you skip workouts? If you did, then you will not have made the same progress as you might have if you had maintained your regular three times week training.

On the other hand, if you trained exactly as we laid down, if you followed our musclebuilding advice to the letter, then you will have made tremendous progress. But in order to have made this progress you will have eaten more food than previously. You will have had adequate sleep and rest, and you will have had sufficient P. R. O. T. E. I. N. Remember protein is what muscles are built of. You simply cannot make musclebuilding progress without an adequate supply to feed your body's needs.

At this point in the Hercules program, it is a tough job. You are going to sweat it's week. You are going to get going a little out for mercy. But you are going to come through a winner.

Try to do 3 sets of each exercise at your first workout. Build up to performing 4 sets of each thing as you reach the point of high exercise as is possible without strain.

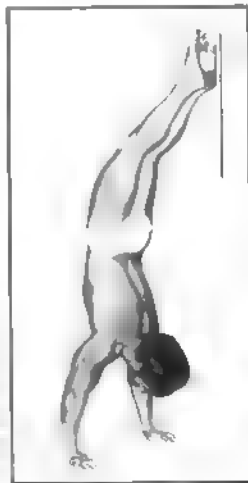
EXERCISE ONE

Handstand Pressups

(shoulder, chest and arms)

Place your hands about 33 inches from a wall and kick up into a handstand. Once in this position you may open your legs if you wish (it may help your balance).

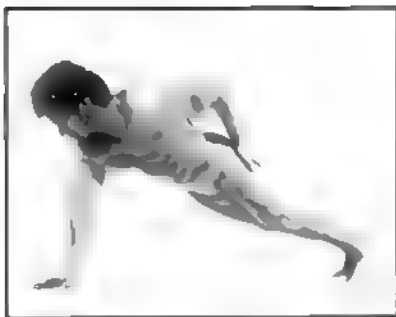
The exercise is to do it slowly in case you might flatten your nose against your face without touching the floor. Then return to the handstand properly by straightening the arms. Repeat for as many repetitions as you can do without strain. Warning: if you lack the strength to lower yourself completely then simply perform the exercise by lowering your body halfway in every rep. Gradually you will get strong enough to do the full form this exercise the correct way easily.



(illus 1)

EXERCISE TWO

Single-arm Floor Dip
arms and chest



(illus. 2)

begin with the forearm in contact with your right hand. You should be able to
work your way up. By bending your right arm, you can
control the force. Work can be started by lifting the arm and
allowing it to fall back to the floor. 10 to 15 repetitions (separate the
together)

EXERCISE THREE

Reverse Chair Dips
chest, arms, shoulders, back

Adopt a position as shown in illustration 3.
Lower and raise the torso rhythmically by
bending the arms fully and returning to the
straight arm position. Repeat until comfort-
ably tired. 10 to 25 repetitions



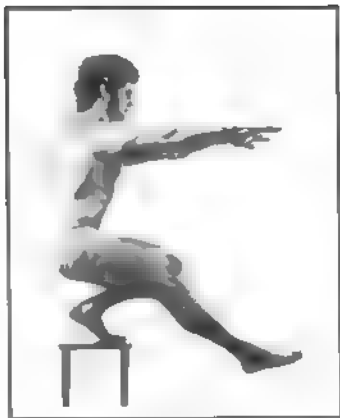
(illus. 3)

EXERCISE FOUR

Single Leg Squat

(thighs)

Stand on a bench or chair with one foot. Squat down slowly on that one leg and return to a starting position. Use arms for balance. Don't forget to work each leg. Anything from 5-20 repetitions. (Illustration 4)



(Illustr. 4)

EXERCISE FIVE

Chair Forearm Pressups

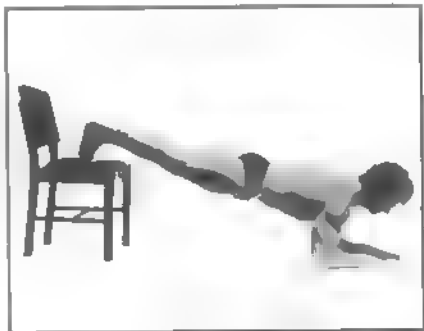
(arms)

Exercise 5 is shown in Illustration 5. Press up until the arms are straight. Lower and repeat.

If you have difficulty in getting started with this exercise, then rock your body forward at the commencement of the movement.

Alternatively you might find it easier to start this exercise with straight arms and consequently you can lower forearms to the floor quickly and 'bounce' back into the straight arm position.

Repeat for up to 20 repetitions.



(Illustr. 5)

EXERCISE SIX

Doorway Pulls

(back)

(a) Hold onto door handles of a sturdy door as illustrated (illus. 6).

(b) Pull hard on the handles with both hands so that the strain is felt on the large upper back muscles (lats).

(c) Perform up to 15 pulls each set.



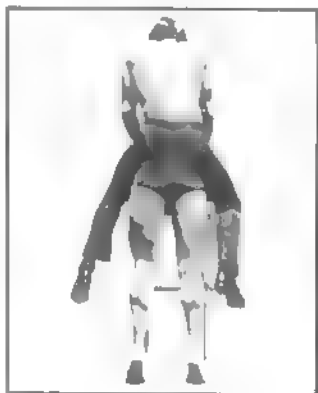
illus. 6

EXERCISE SEVEN

Donkey Calf Raise

(lower legs)

Adopt a position as shown in illustration 7. Your body is bent over parallel to the floor, hands supported on a bench or stool. Have a partner sit on your lower back to add resistance. The exercise is to raise the heels up and down (as high as possible) so that the calf muscles are worked strongly. If you find 20 repetitions easy, then place the toes on a couple of thick books so that the calf obtains a greater stretch when the heels are lowered.

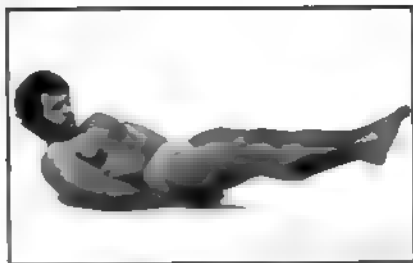


illus. 7

EXERCISE EIGHT

Leg Raise

{waist}



(Illus. 8)

Lie on the floor with hands tucked underneath seat. Raise feet from floor slowly. Lower and repeat. Aim to build up to 30 repetitions.

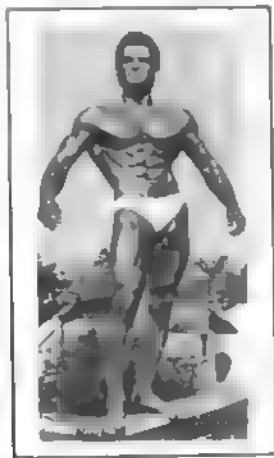


Another artist: shot at perfectly proportioned Mr. Universe Pan Hsien-ty

During the last 2-4 weeks some bodybuilders train 5 days a week, but during the contest they train even more. Many of you will have heard that in the final week that they are working out with weights they eat 1000 calories. This is not a healthy thing and few bodybuilders can do it. Contest Prep is very long.

It is still a fact that the vast majority of bodybuilders today train only three times a week with at least a full day's rest between sessions.

When you enter a Physique Contest you are not only expected to adopt the best training and Physique Diet Program. It is also to eat only what is recommended and well balanced and eat only the guy who gets the judges nod. Best of luck!



Super physique Vince Gironda has won his share of physique contests. He has a fantastically proportionate body.

He is also considered one of the greatest strength and endurance athletes in the world. He was a very successful gym on Ventura Boulevard in Hollywood, Angeles, California.

FIRM UP YOUR FACE



Right: Looking straight ahead, firming up the muscles around the lips, chin and jaw.

The face mirrors our emotions, conveys our thoughts and makes people like or dislike us. In one way we use it. Since your face is composed of muscles, skin and nerves, just like the rest of your body, has it ever occurred to you that it could be a little firmer, a little more expressive, a little more attractive?

Your face is the most important part of your anatomy. It is the only part that is constantly on display. By far the largest part of our lives is spent fully exposed. Our friends and strangers judge us by what they see on our face.

The face reveals our emotions and conveys our thoughts. When you go for a job or have an important business interview, your face is under close observation and your abilities and character are largely judged by what your face reflects. And the chances are, without you realizing it, you're not doing a very good job of self-expression. So let's give the face a little lift.



LEFT Start puckering the lips as though to

touch the nose, then relax the lips and

though trying to touch an object a few

inches in front of the nose.

Then relax the lips and

RIGHT Now relax the lips and

pull the corners of the mouth outward



With the first movement we form a firm, well-defined shape by pulling the corners of the mouth inward, pulling them in the opposite direction, outward away from the center of the face. Then we relax the lips and pull the corners of the mouth outward away from the center of the face. The inward movement is the face's rest

The expression of the eyes comes from the soul revealing the quality of our spiritual development which is far too deep a subject to go into here. But the mouth is purely emotional and can be improved in shape and its expressions brought under control through exercise. The mouth is a large circular muscle with a hole in the middle like a doughnut. It is very flexible stretching to an opening the size of an orange and contracting to the size of a pea. When this muscle is well exercised the lips become full and very expressive in conversation. When not cared for the mouth muscle will show every bit of strain and nervous tension the body is subjected to. The lips will be light and colorless and there may be fine lines running from the nose to the corners of the mouth.

The muscles around the eyes also respond in exercise as do the forehead, cheeks and chin. The muscles around the eyes are closely connected with the nervous system and since the skin is very thin this gives nervous reaction brought on by strain, worry, loss of sleep, etc. You may see enlarged nerves eating up fatty tissues and when we dissipate we lose loss of fat under the thin skin around the eyes that makes those terrible hollows, dark circles and bags. Facial exercise may help control the loss of fatty tissue by building up the appearance of your eyes, and of old you will find the difference so amazingly evident. You find that the skin in youth and the lack of it in the aged. You cannot retain it's youthfulness by exercise and augmented circulation and help keep your eyes young looking.

The chin is also a muscle and can be made larger and handsomer by exercise. Of course the jaw and chin are greatly affected with the size of your chin and if the nose is weak and lacks in your jaw then the development is just going back. But I have seen remarkable improvement in the face of a girl in a few days by using the chin muscle to make size and prominence.

The first two photos illustrate an exercise that is wonderful for developing the mouth muscles and the second some exercises the entire face if you do it properly. It will help lift the brows and build up the jaw keep the firm fullness of youth in the cheeks. The second two photos illustrate some of the work that also benefits the mouth and neck.

So don't just aim to build the muscles of your body. Give your face a chance.



YOU CAN TEAR A TELEPHONE BOOK APART WITH YOUR BARE HANDS!

Put those muscles of yours to work. Teach them how to tear a telephone book apart with your bare hands. It's easy if you know how, and you don't have to be a superman to do it, either.



There are few sports that are more impressive than ripping a large telephone book apart with your bare hands. This feat takes a combination of strength and know-how. Especially important is strong gripping power in the fingers and joints. However, if you don't know how to go about doing this feat, your strength in the world won't do you much good.

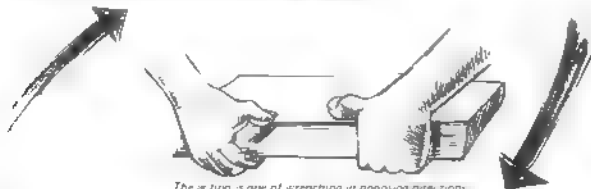
Bodybuilders already have strong gripping power because of all the grip-building exercises they do. The **MERCURIES** routine will give you the basic strength needed, but squeezing off tennis balls with your fingertips is also a terrific exercise. Just grab one in each hand and squeeze away for all you are worth.

Correct Method For Tearing Telephone Book

There is no better way of learning how to fear a telephone book than that that I y watch ing suit to be re sc du the stunt

Stand erect with your right foot in front of your left. (You may have your left foot in front of your right if you find it easier this way.) Grasp the telephone book over its edge with both hands, fingers up, now with your thumbs hooked under the edge of the book. Bend the middle finger of the right hand over the middle finger of the left hand, and bring both hands toward your body. The tips of your fingers should be about an inch apart. Your hands should be about a foot apart. Rest the telephone book on your right leg or on a table. Breathe in and out.

Now that I'll hope that I can do this properly and enjoy you in the night. Push away with your hand and
 if you're left in bed. A lot of questions are asked to you. I think you're a good person. I think
 and the other people that are in the world. I think you're a good person. I think you're a good person.
 he ends, as an important part of his life. I think you're a good person. I think you're a good person.



When learning this strength feat it is advisable to start with a small telephone book and gradually add a page as you become more familiar. Then you have trouble with the next step you go to the next page. As the number of pages increases you get the hang of it. As the number of pages increases you get the hang of it. As the number of pages increases you get the hang of it.

[illegible]

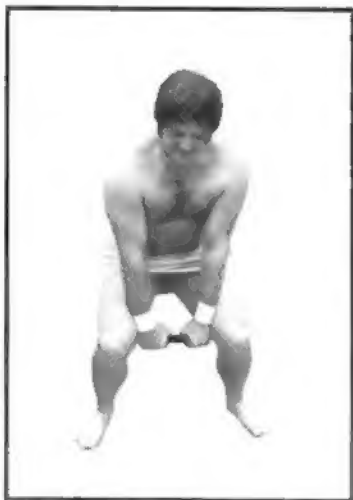
Everything it does the way it shows you the sensation. The Gary will be so very different as will
 PVE you with extreme respect. Your reputation as a man of super strength will speak for you
 everywhere you go people will be asking you to tear telephone books apart. They will see you as

2. Adopt a position as illustrated (Stage 1), keeping the feet in a good solid position. Use the knee as shown in the photograph. In this way you will be able to bend the spike around the knee and get a "start" on the breaking process.

The second stage involves a change of position. You have bent the spike as much as possible during Stage 1 and now you need to increase the bend by adopting the second position,

Still holding tightly onto the bar or spike, you now change leg positions, whereby your knees are about 15 inches apart. Hold the spike as illustrated, and complete the second part of the first bend by aiding the hands and wrists with the inner part of the thighs.

Stage 2



3. Now is the time to "unbend" the bent bar. This is a most crucial part (Stage 3); in fact this is the most important stage if you are serious about breaking the spike.

Follow the exact hand placing as illustrated. The hand on the right is the hand that bends the nail. Note its position. Be sure to use the soft part of your hand just under the thumb so that you enjoy the utmost leverage which is vital in aiding spike-breaking. Continue through stage 1, 2 and 3 until the spike breaks.

Stage 3



It is always a good idea to start with thinner gauge spikes at first (6" ovals are good). Gradually you will develop further skill, strength and stamina (you need all three!) to go to work on heavier metal.

Don't use sharp spikes. They can hurt; use plenty of canvas to protect your hands.

THE END OF HERCULES II — THE BEGINNING OF YOU!

This is your last weekly lesson. If you have been faithful in your Hercules II workouts, then you HAVE GAINED FANTASTICALLY IN MUSCULAR SIZE, TONE, FITNESS AND STRENGTH. If you have followed our instructions to the letter, then you will have made great progress. In fact it would be virtually impossible for you to not have made gains in muscular development.

We hope now that you have got into the habit of exercising regularly, you will continue with your body-building workouts. You may want to get even bigger, or you may just want to train to keep super fit. Whatever your reasons, regular exercise is one of the most beneficial things in the entire world. If you don't want added size, then why not train a little less strenuously just to keep the muscles you now have in tip-top shape for the rest of your life. Believe us — **THERE IS NO MORE REWARDING FEELING THAN KNOWING YOU ARE IN TOP PHYSICAL CONDITION.** You feel S-T-R-O-N-G, ready for action. Your waist is flat and rock-hard. Your panther legs are ready to take you anywhere you will them, in triple-quick time. Your chest swells to monumental depth, your back is crowded with "Tiger" muscles of incredible definition. Anytime you bend your arms your biceps "jump" into a titanic mountain of pure rock-hard muscle. Flex them and they form a "peak" that would put a full-sized melon in the shade.

Yes sir! Muscles are worth millions! Of all the top stars in physical culture — men who have worked for their health, fitness and physique — we have NEVER MET ONE SOLITARY INDIVIDUAL WHO WOULD TRADE HIS PERFECT PHYSICAL CONDITION FOR EVEN ONE MILLION DOLLARS!

So remember, a little exercise and attention to your diet will go a long way. That's the beauty of body-building. Once you have built a championship body, it takes hardly any effort to maintain this condition.

On the other hand, if you want to make even more progress you should continue working HARD at your exercise program. As long as you continue giving it all you've got, your muscles will continue to improve. Stop and think about that! Just imagine what you will look like! You could continue until your body is developed to its fullest degree. Your body has a lot of potential. But remember, muscles are unpredictable. Some weeks they will just not seem to be growing, whereas other times they will seem to be growing almost every day. Day after day. Your gains will not come with "clockwork" regularity. Muscles tend to suddenly grow an inch or two, and then level off. Then if you keep training, they will suddenly spurt forward again, showing a further increase. Between spasms of growth you might reach a stale period at which time the muscles do not continue steady growth. At such "sticking points" you should eat more protein foods, perhaps even increase your milk intake substantially. Protein supplements have broken sticking points for some of the Nation's most famous physique stars. They simply added a good protein powder to a glass of milk or cream and consumed it after a workout. You should always bear in mind that **MUSCLE IS ALMOST COMPLETELY BUILT FROM PURE PROTEIN!**

Consequently only pure organic protein can build muscle. A PROTEIN SUPPLEMENT IS YOUR BEST ASSURANCE THAT YOU WILL NOT BE WASTING YOUR TRAINING EFFORTS!

We would like to say a word about personal conduct at this point. Once you have built big muscles you should not "show off" to your friends. Don't constantly pose your arms and flex your muscles to impress your buddies. This is one of the quickest ways to lose friends. If you have a good physique then your friends will notice without your having to "flex up" every few minutes to push your "lumps" under their noses to draw attention to yourself.

Conduct yourself quietly. Adopt an air of calm self-assured confidence. Don't be a loudmouth! People will hate you for it no matter how impressive your physique. Don't pose when at the beach. Simply stand with good posture, with your arms close to your sides. Don't "lat spread" (stand with arms outstretched at the sides away from the body). You will look ridiculous if you stand like this. Besides, dogs are liable to bark at you if you adopt this ridiculous posed position.

President Roosevelt wrote: "Walk softly, but carry a big stick". Your muscles are your "big stick" - make sure you walk "softly" with it.

We will keep your name on file at the Hercules II offices. You are one of the few people in this land who is genuinely interested in physical culture and body development. That makes you a special kind of person. Needless to say, your file is kept in a locked fireproof cabinet and your completed order form is kept strictly confidential.

Should we get news of any further developments in the form of muscle building breakthroughs, improved protein products, secret exercises, etc., we will let you know. Meanwhile, we take this opportunity of wishing you the very best luck in life. Keep training. Be healthy and above all, give life all you've got. We only go around but once!

P.S. —

We hope that you will induce your friends to enroll with us, so that we can help them too. Just send their names and addresses.

Although this lesson completes our course, we want you to feel free to write to us at any time if you ever have any questions.

With our very best wishes and sincere and warm handshake, we wish you health, strength, long life and happiness!